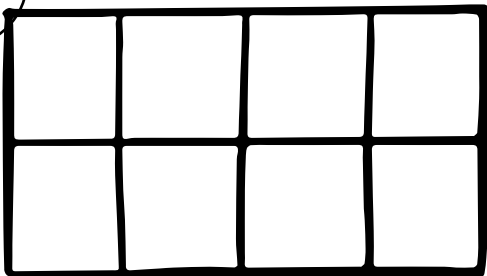
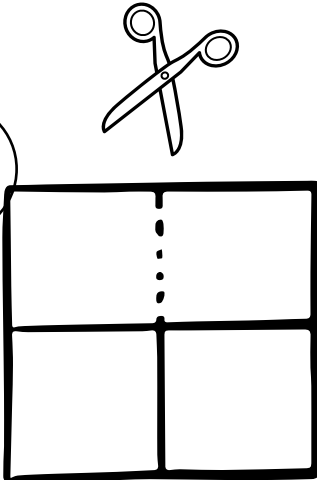


BOOKLET FOLDING INSTRUCTIONS

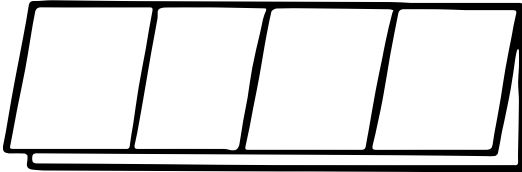
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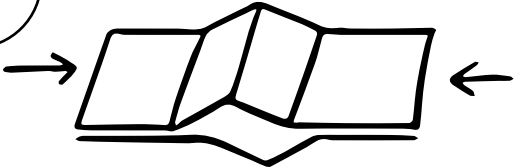
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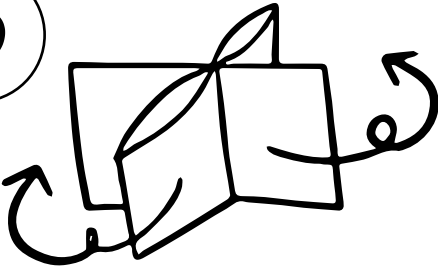
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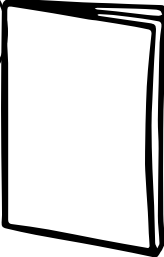
4



5



6



Use the tool below to catalogue the resources that feel most healing to you. Refer back to this list as you try new activities and meet new people. Keep it somewhere easy to access in times of crisis.

Places I Feel Safe

People I Feel Safe With

Groups I Can Connect With

Activities I Can Do to Stay Grounded

**SURVIVOR
SUPPORT**

**MY HEALING
RESOURCES**

August 2022

www.
resourcesharingproject.
org



“Survivor Support: My Healing Resources”

August 2022

This publication was created by the Building Resilience team: Resource Sharing Project, Activating Change, Just Detention International, Minnesota Indian Women’s Sexual Assault Coalition, the North Carolina Coalition Against Sexual Assault, and Olga Trujillo, J.D.

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