

VOICES of HOPE

A Mindfulness Coloring Book
by Survivors for Survivors



FOREWORD

The journey towards safety and healing is different for everyone but most of us have faced many challenges along the way. Whether overwhelming feelings, racing thoughts, extreme exhaustion or just countless hours waiting, being full of confusion and fear, we have been there. Many of us found the simple act of coloring to be grounding, distracting, calming. Sometimes we don't want to talk, we don't want to do and we can't sit still. Color can bring us beauty, making something can bring us stillness.

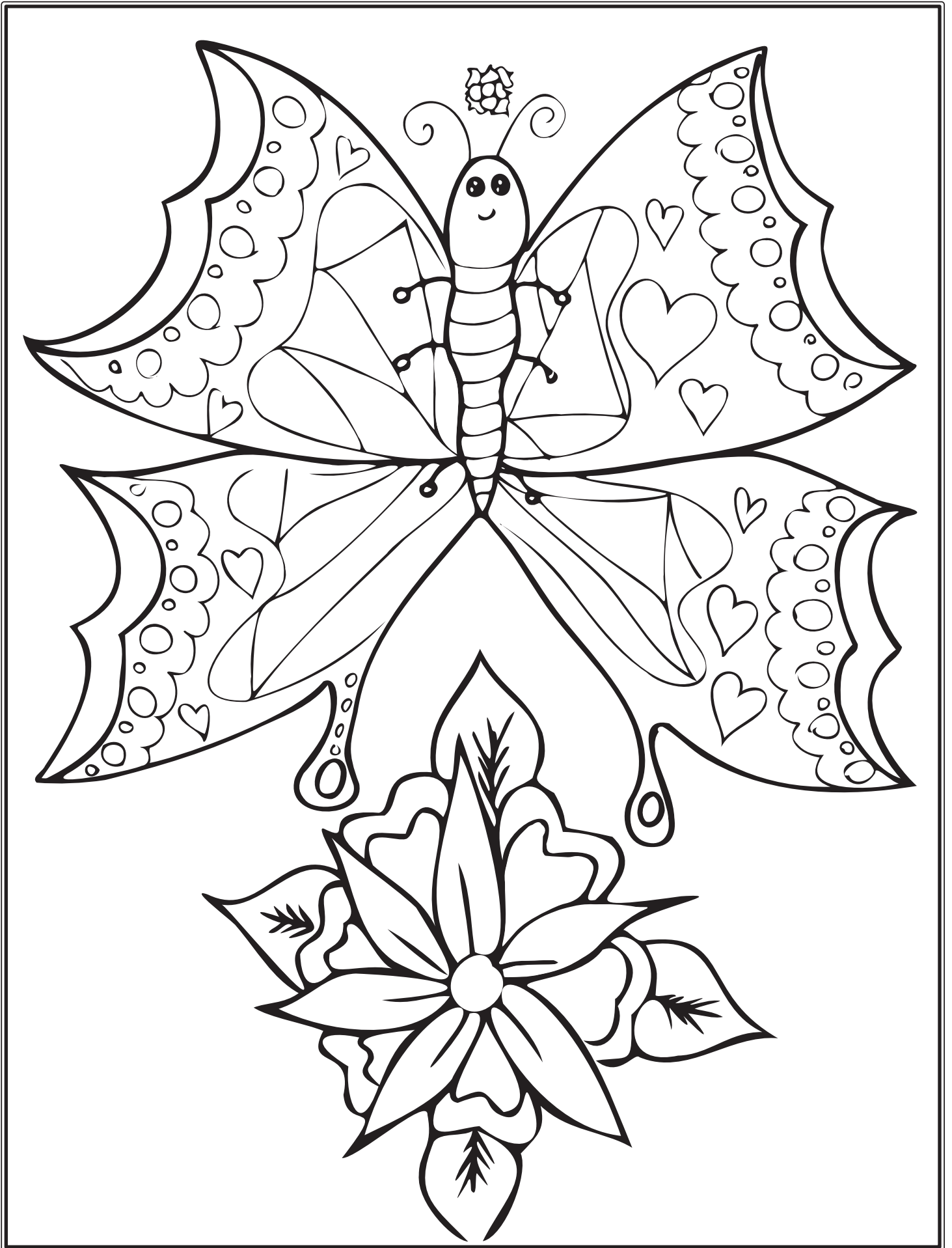
We, more than anything, want those who see these pages to know that they are not alone. We want you to know that there is hope and healing. You are seen. You are heard. Let our VOICES come to you in pictures and bring you strength on your journey. We hope that as you fill in these pages you see survivors, who have been exactly where you are at this moment, celebrating their survival. May you find HOPE on your journey knowing we are walking with you.

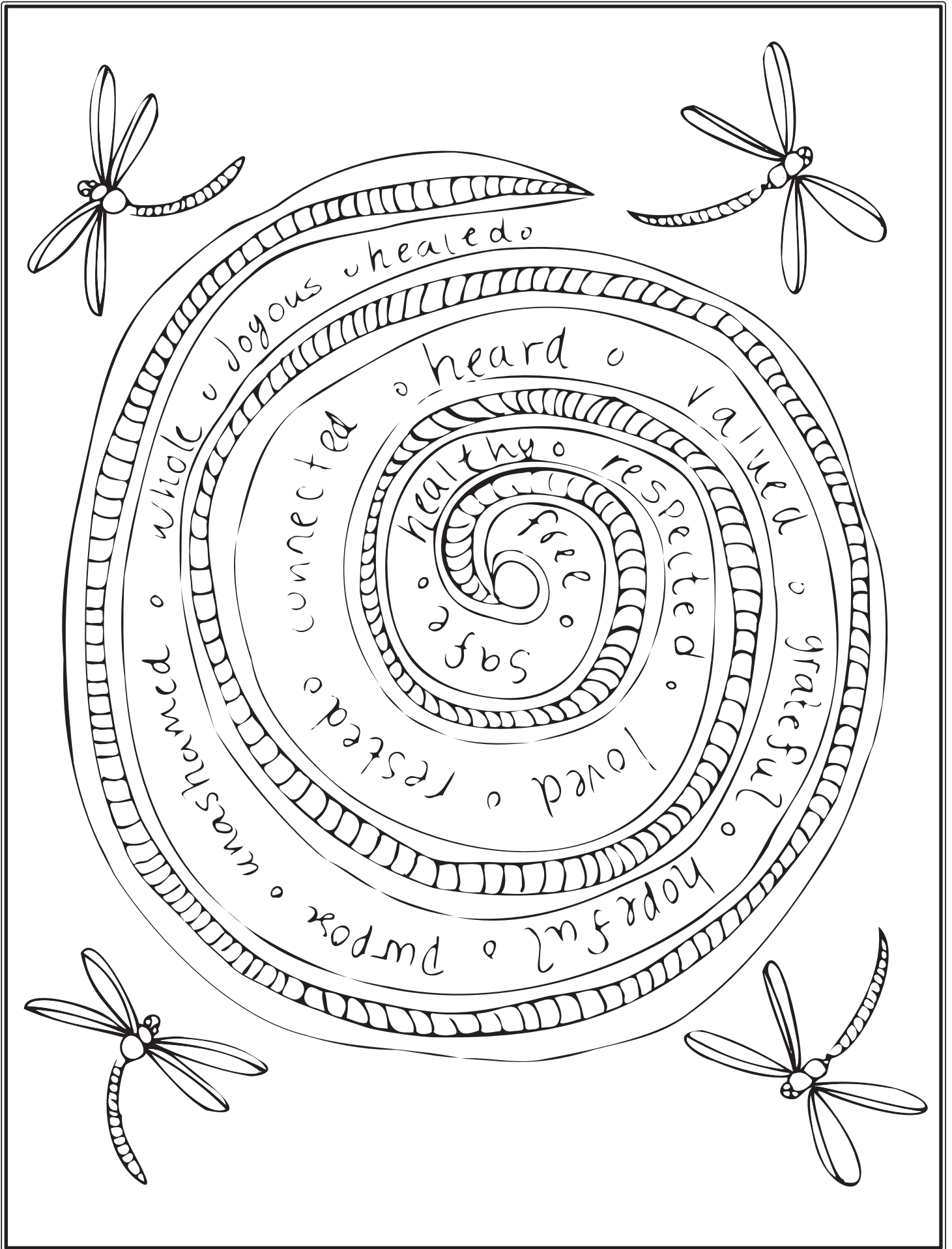
PREFACIO

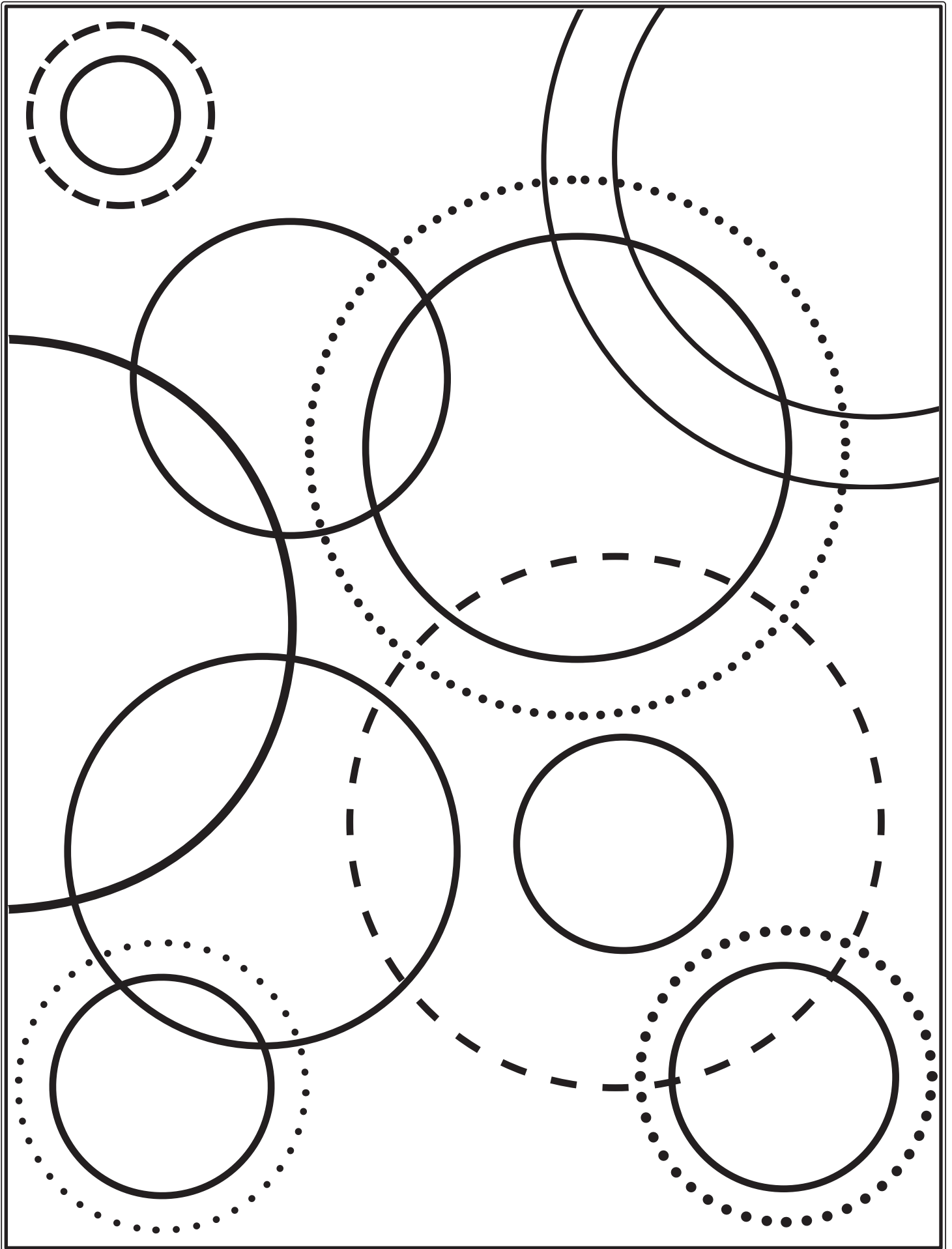
El viaje hacia la seguridad y la sanación es diferente para tod@s. Pero la mayoría de nosotr@s hemos enfrentado muchos desafíos en el camino. Ya sean sentimientos abrumadores, ansiedad, agotamiento extremo o simplemente incontables horas de espera, llenas de confusión y miedo, hemos estado allí. Para much@s de nosotr@s, el simple acto de colorear nos distrae, y calma. A veces no queremos hablar, no queremos hacer nada y no podemos quedarnos quiet@s. El colorear puede traernos belleza, el hacer algo puede traernos tranquilidad.

Más que nada, nosotr@s queremos que quienes vean estas páginas sepan que no están sol@s. Queremos que sepan que hay esperanza y sanación. Usted es vist@. Usted es escuchad@. Deje que imágenes de nuestras VOCES le lleguen a usted y le den fuerza en su jornada. Esperamos que a medida que coloree estas páginas vea sobrevivientes, que han estado exactamente donde se encuentra usted en este momento, celebrando su sobrevivir. Que encuentres ESPERANZA en tu jornada sabiendo que caminamos contigo.

**BEGIN
NOW**



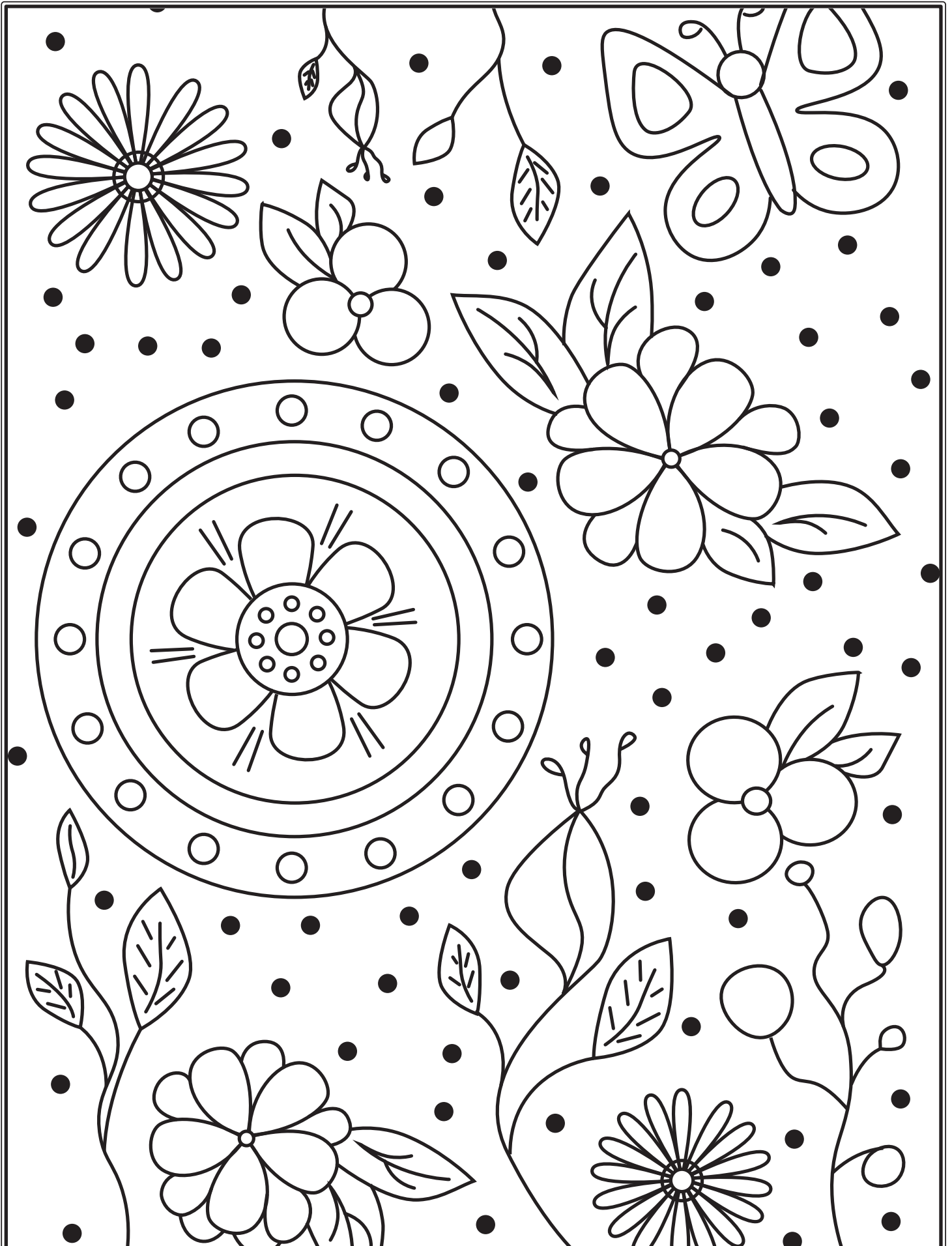




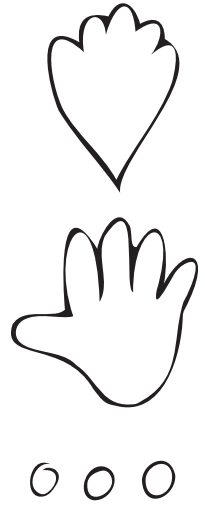
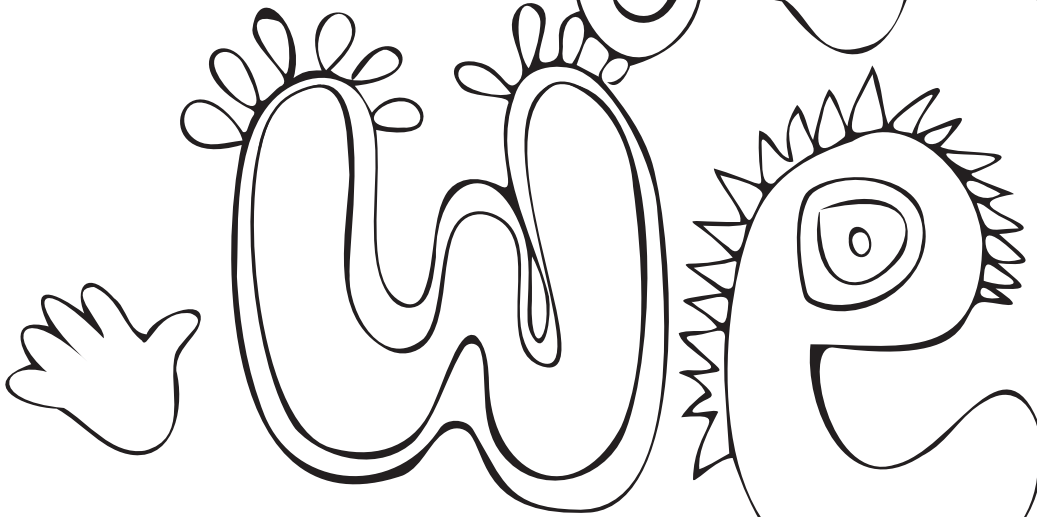
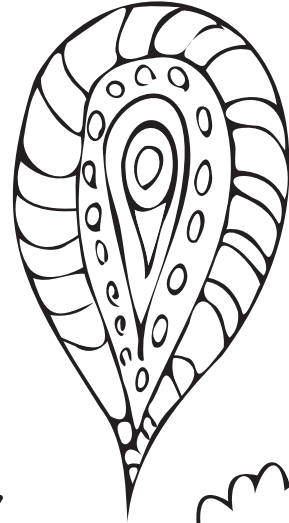
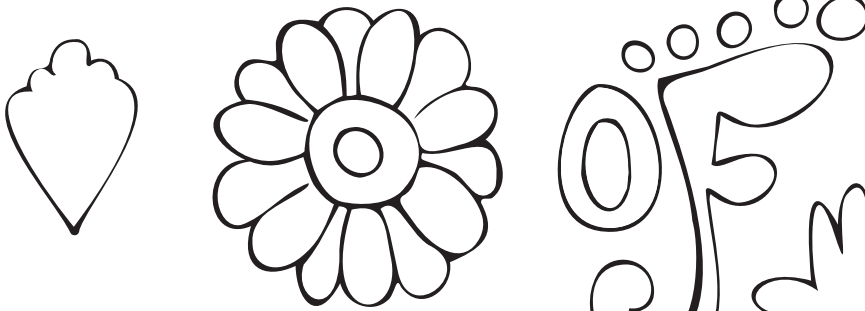
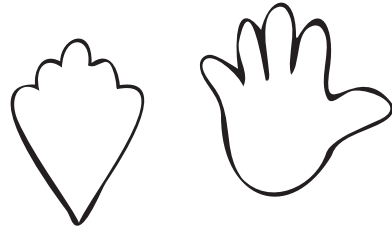
HOPE

Courage

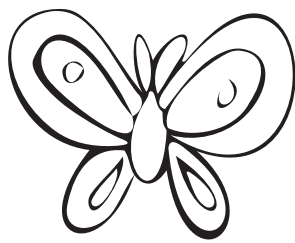
STRENGTH



POWER

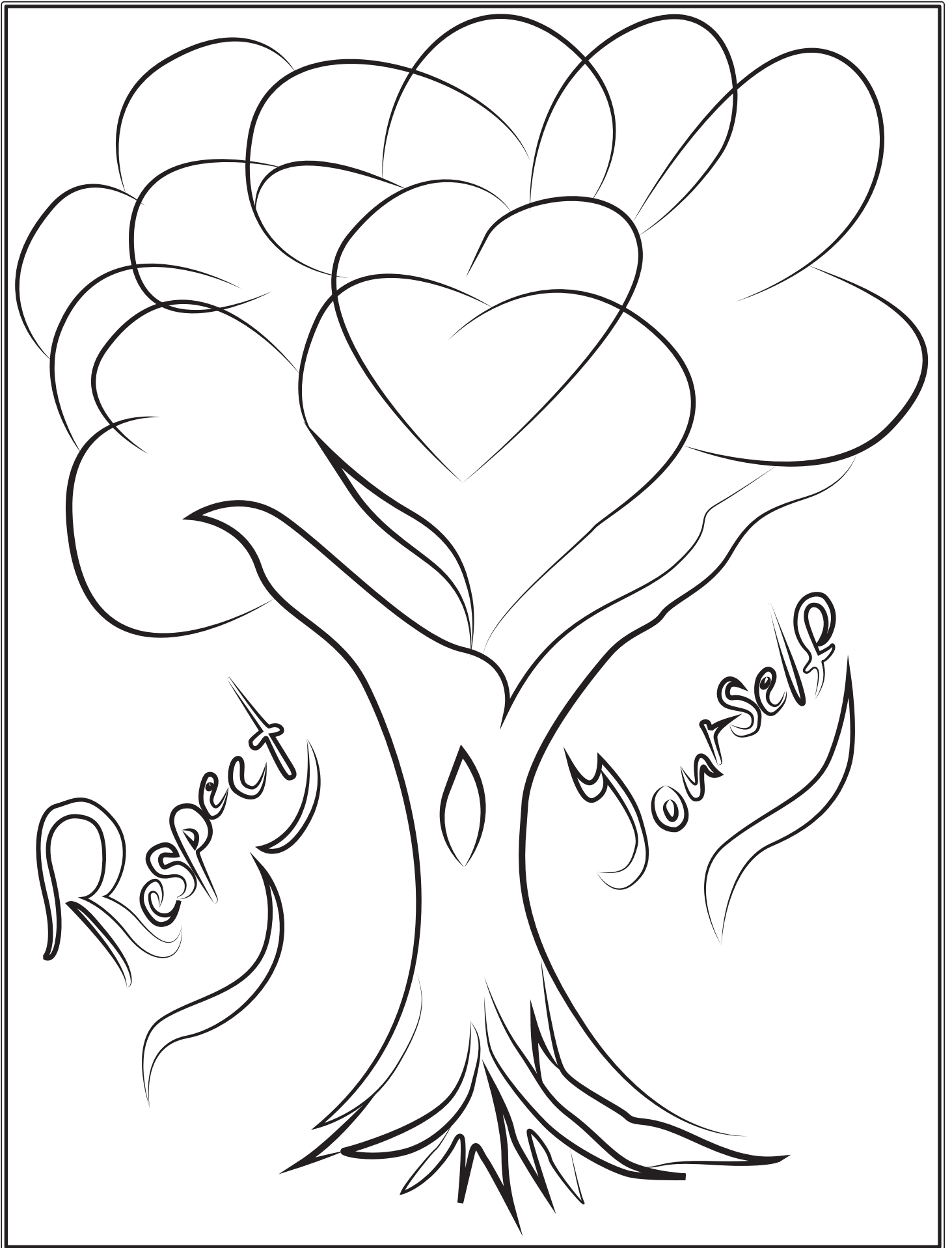


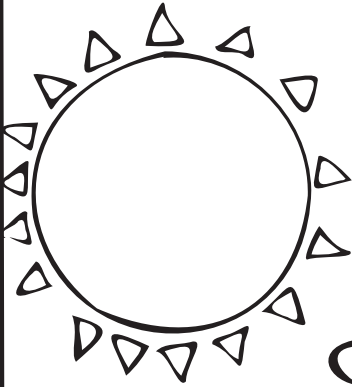
STARTS



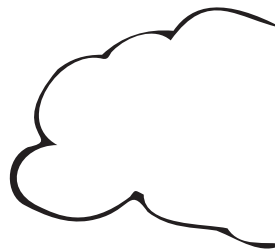
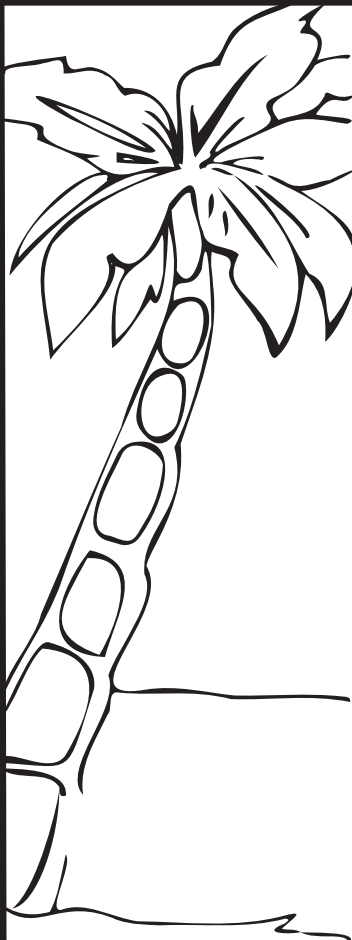
with

YOU!





Yellow



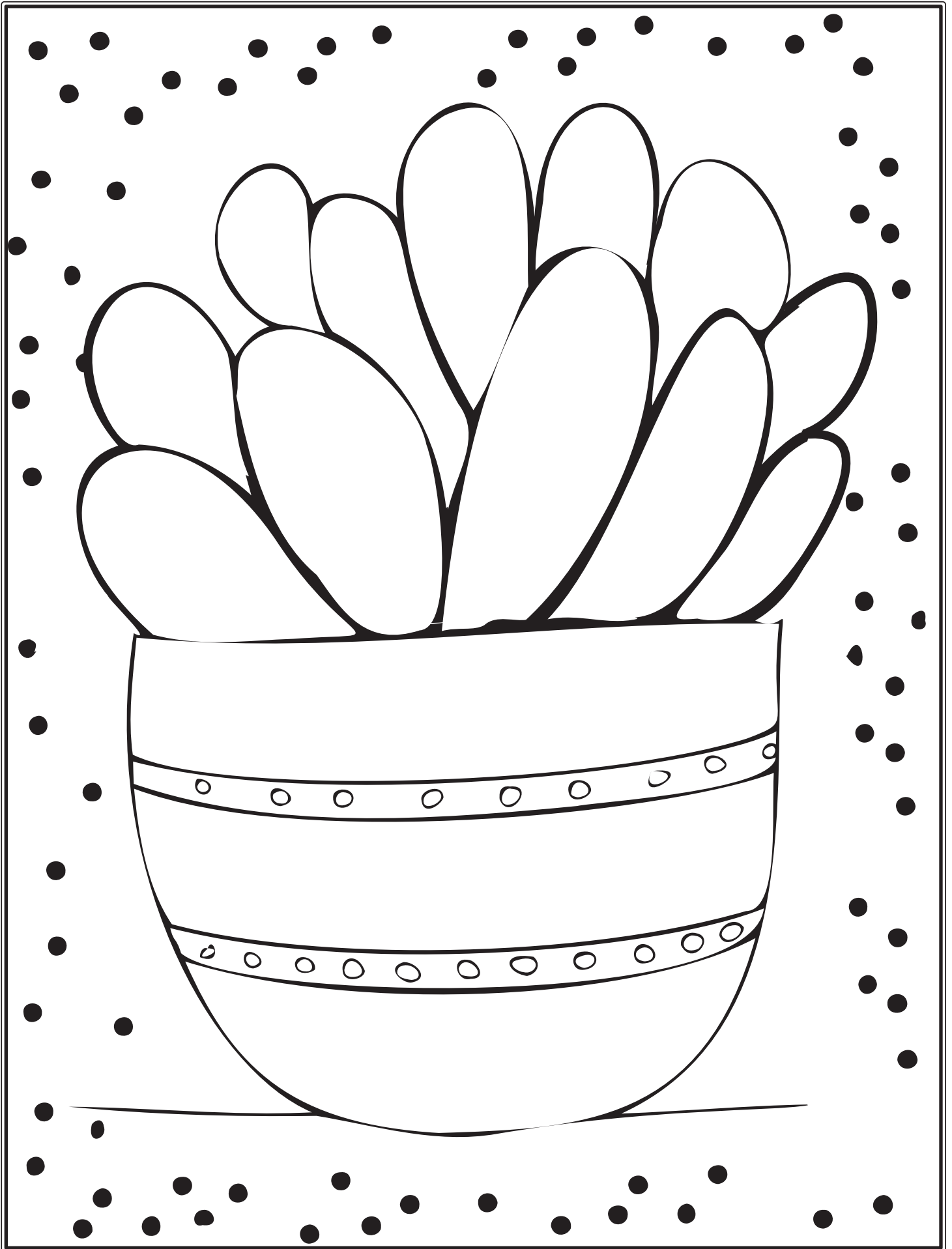
you

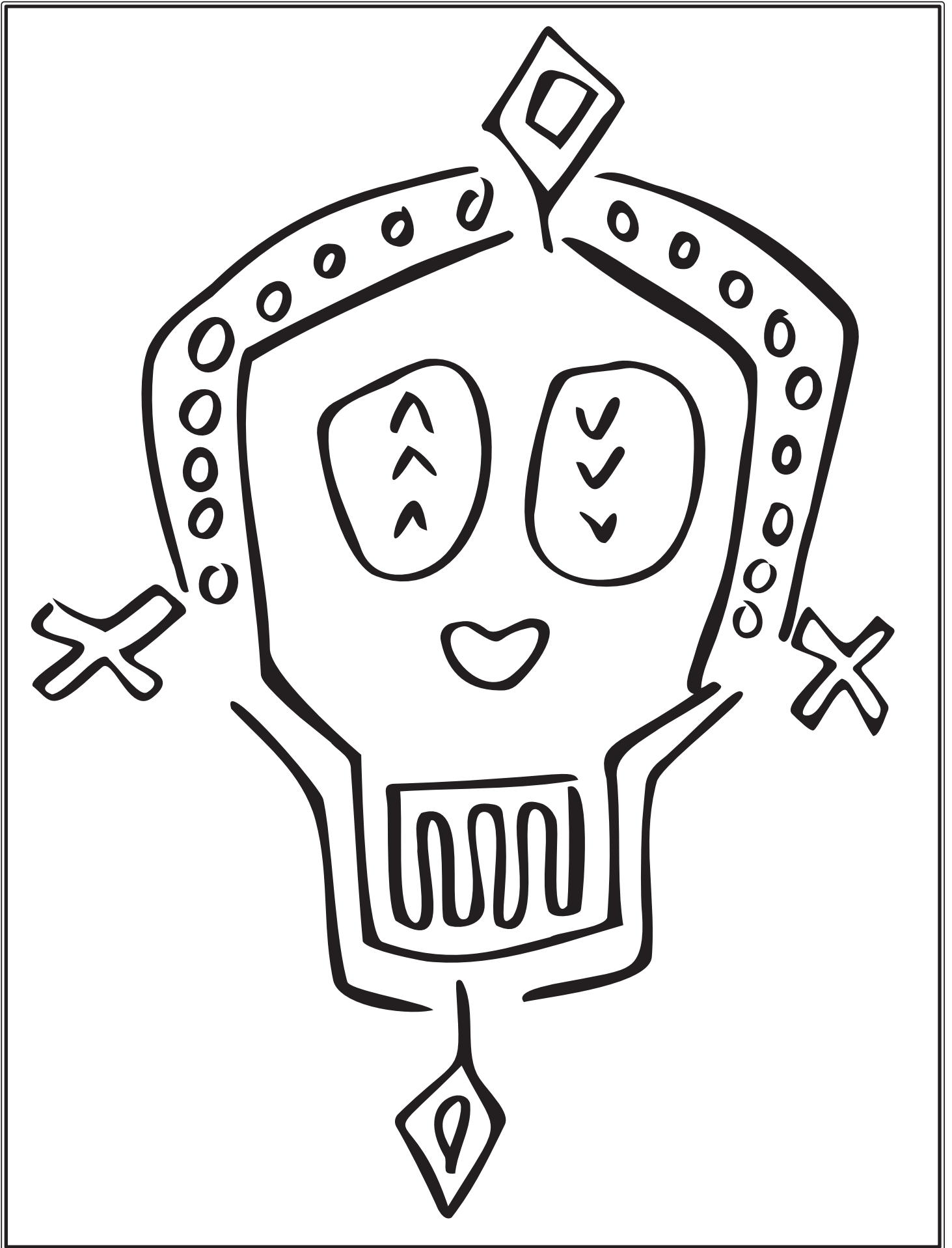
Dreams

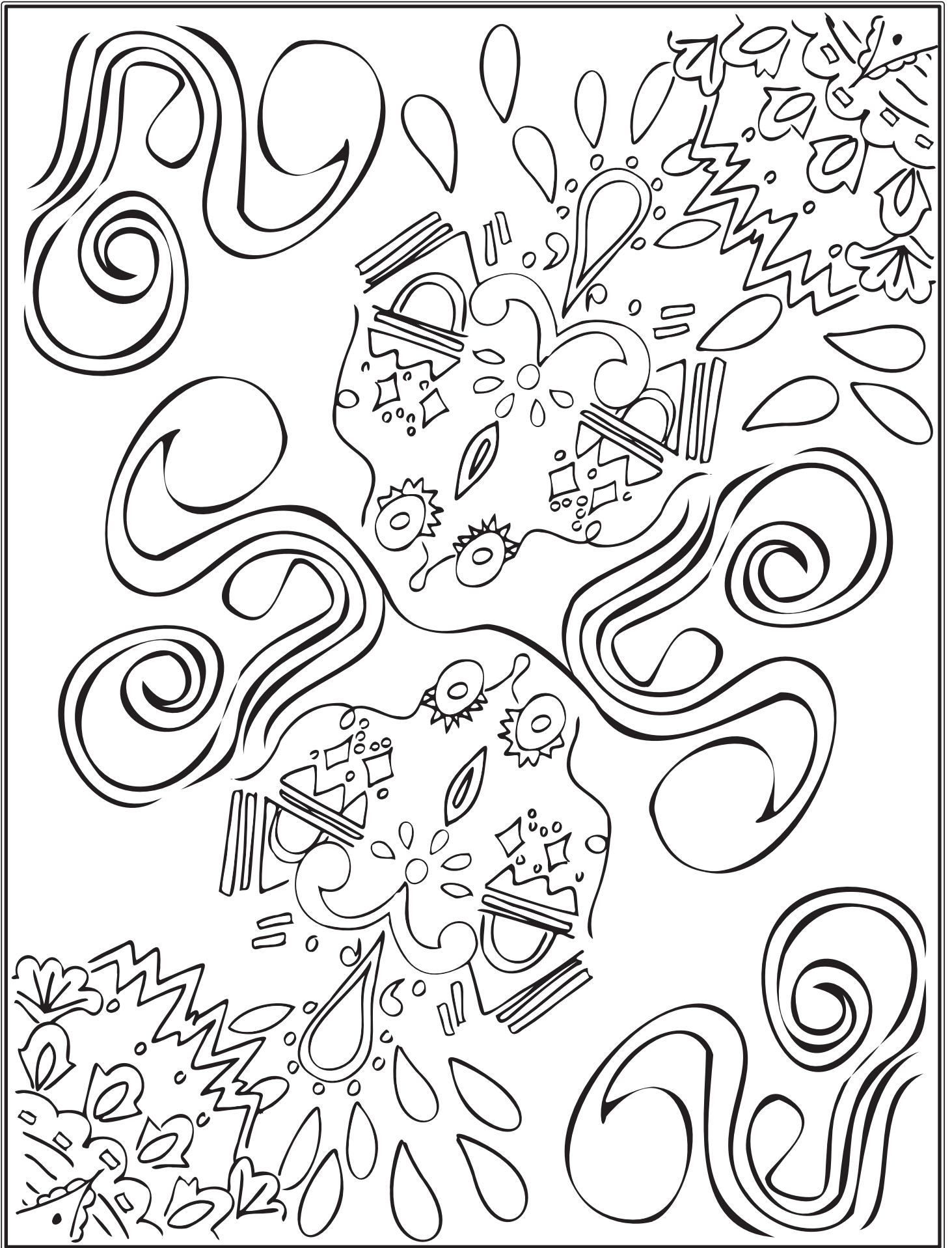


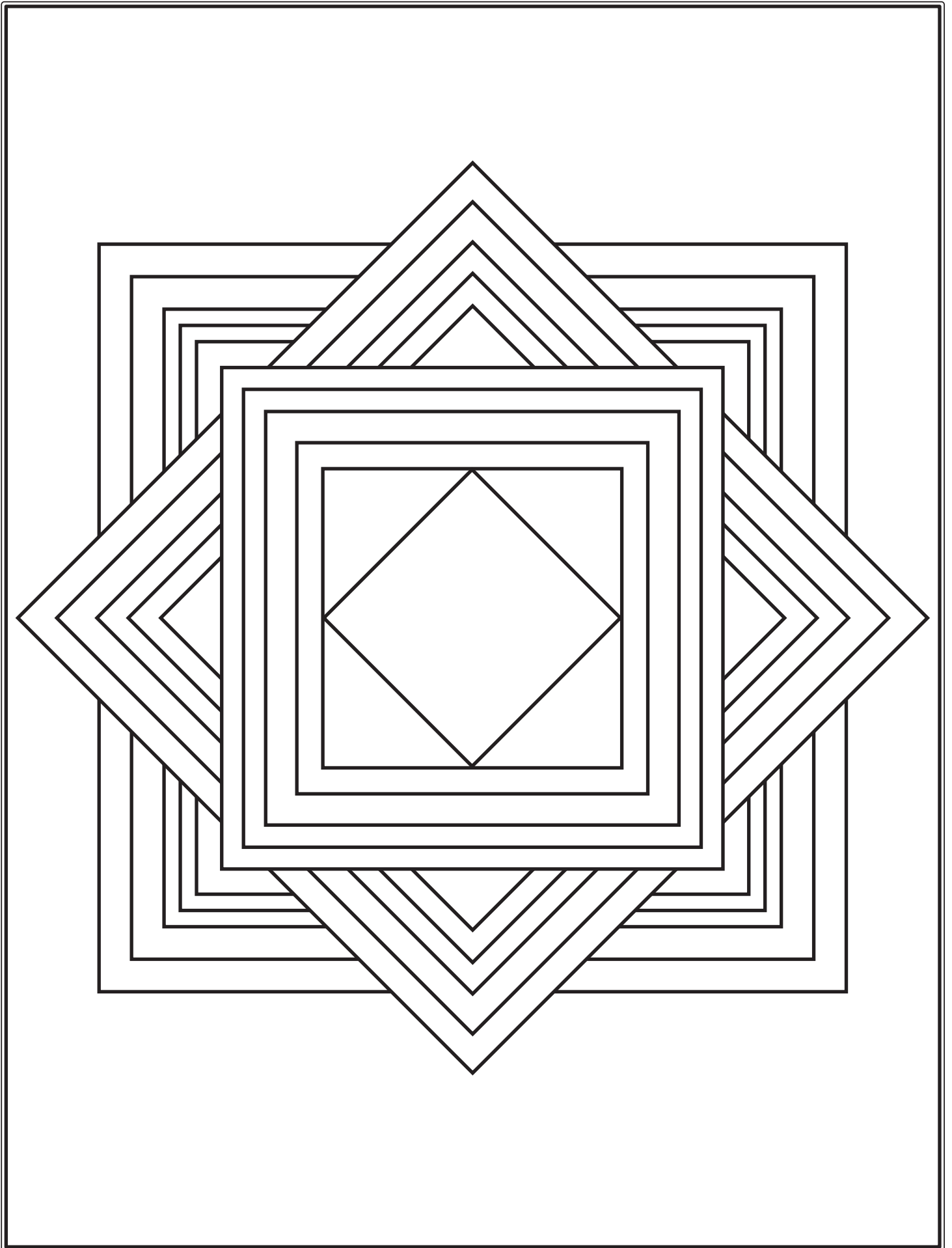
FEEL

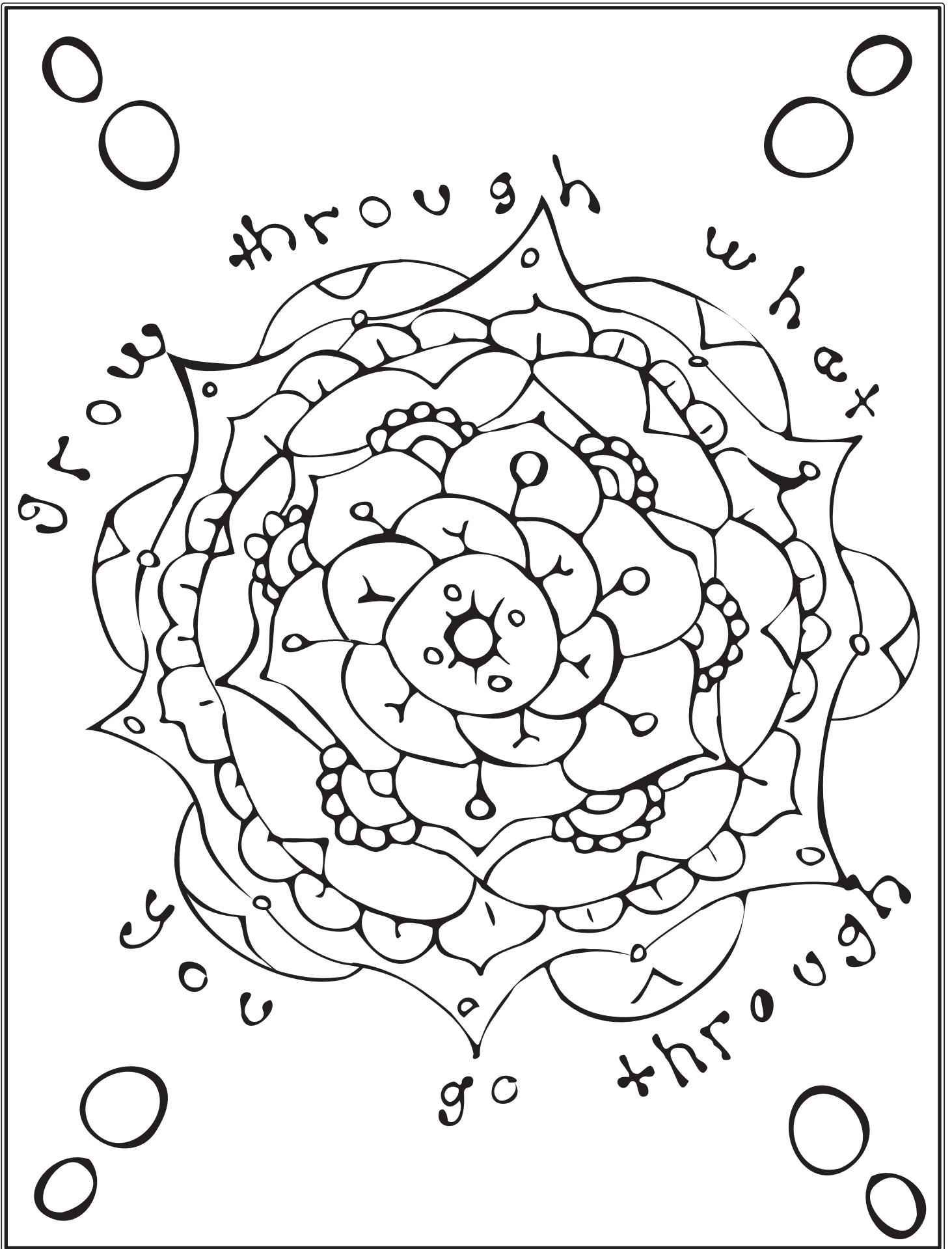


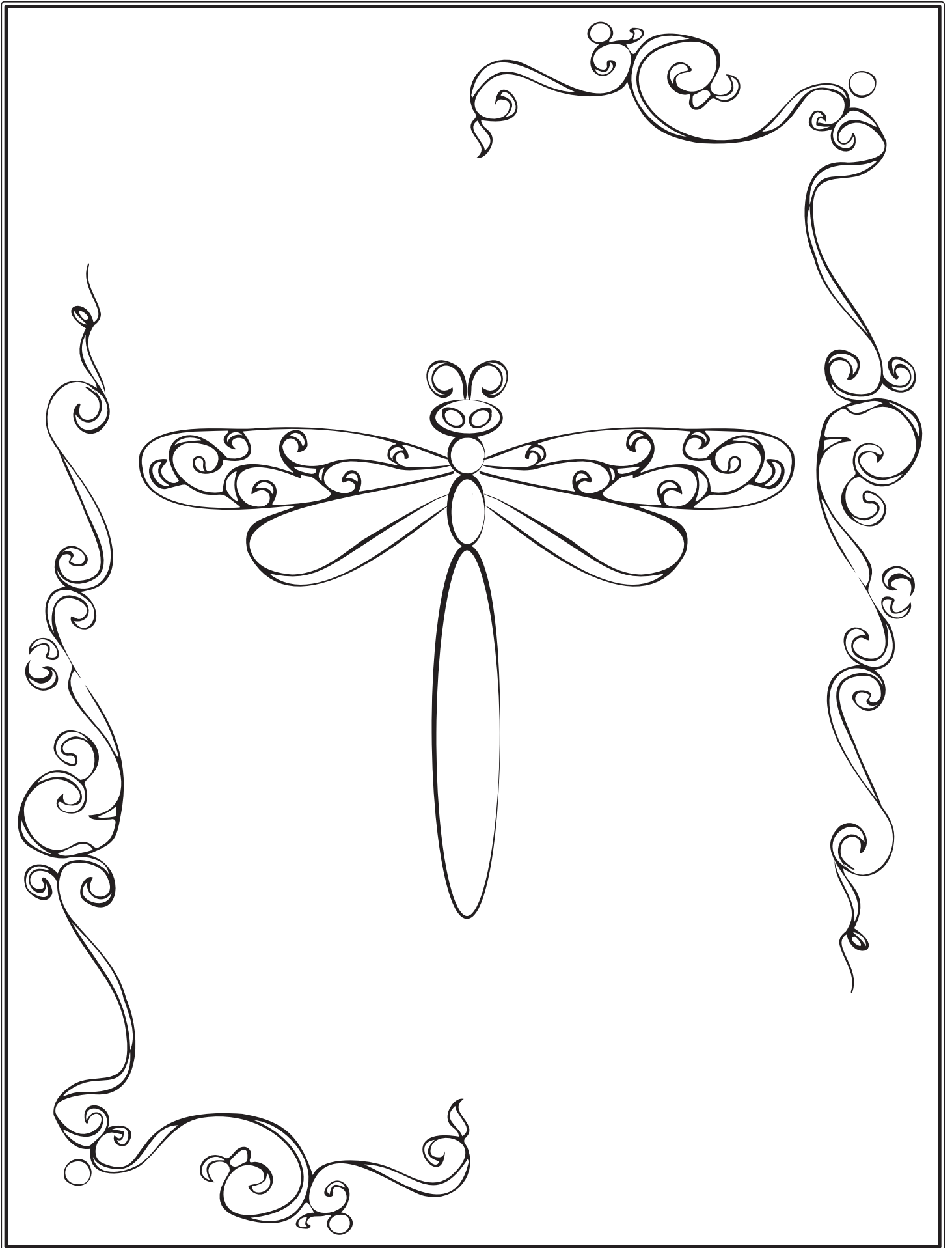


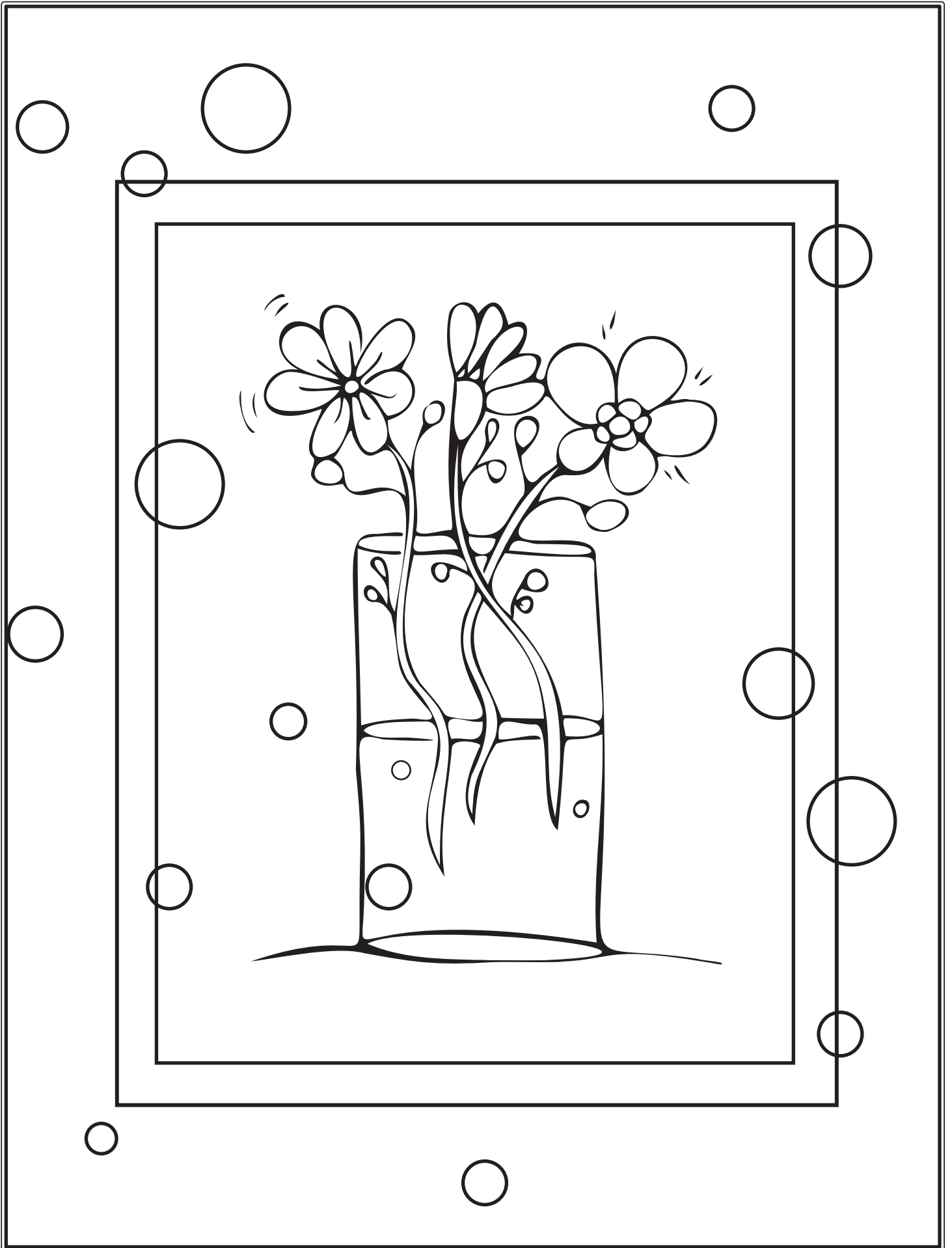








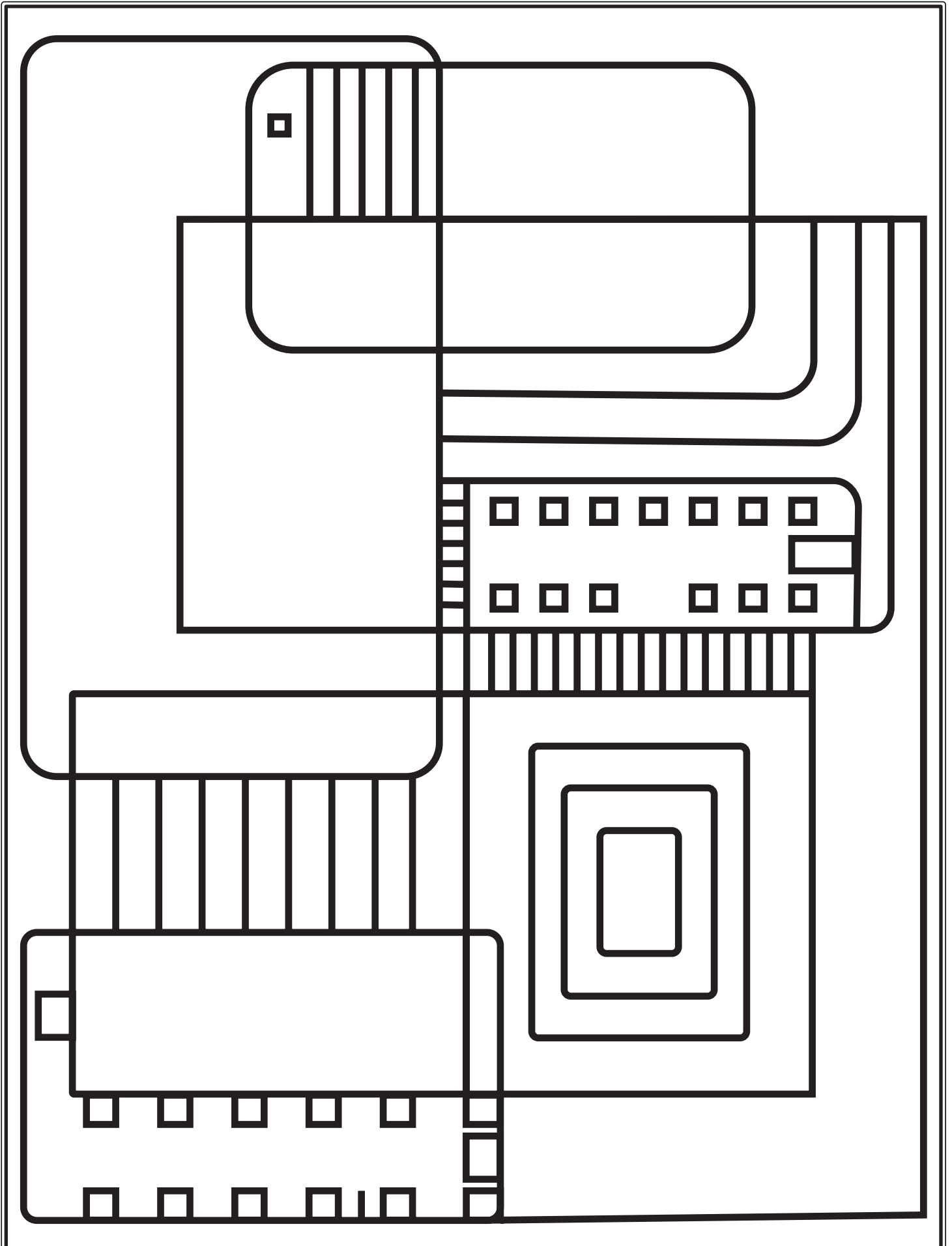


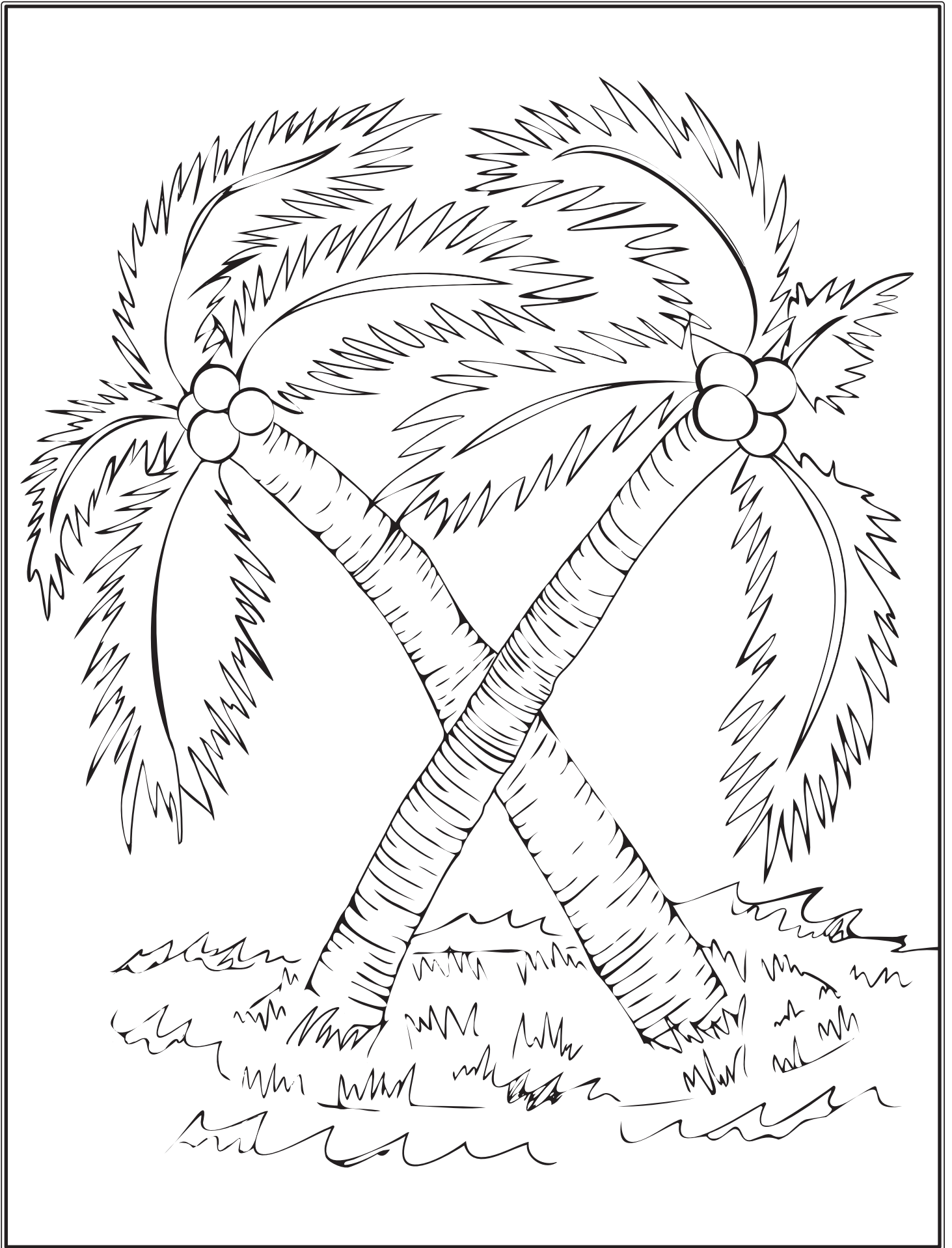






Never give up



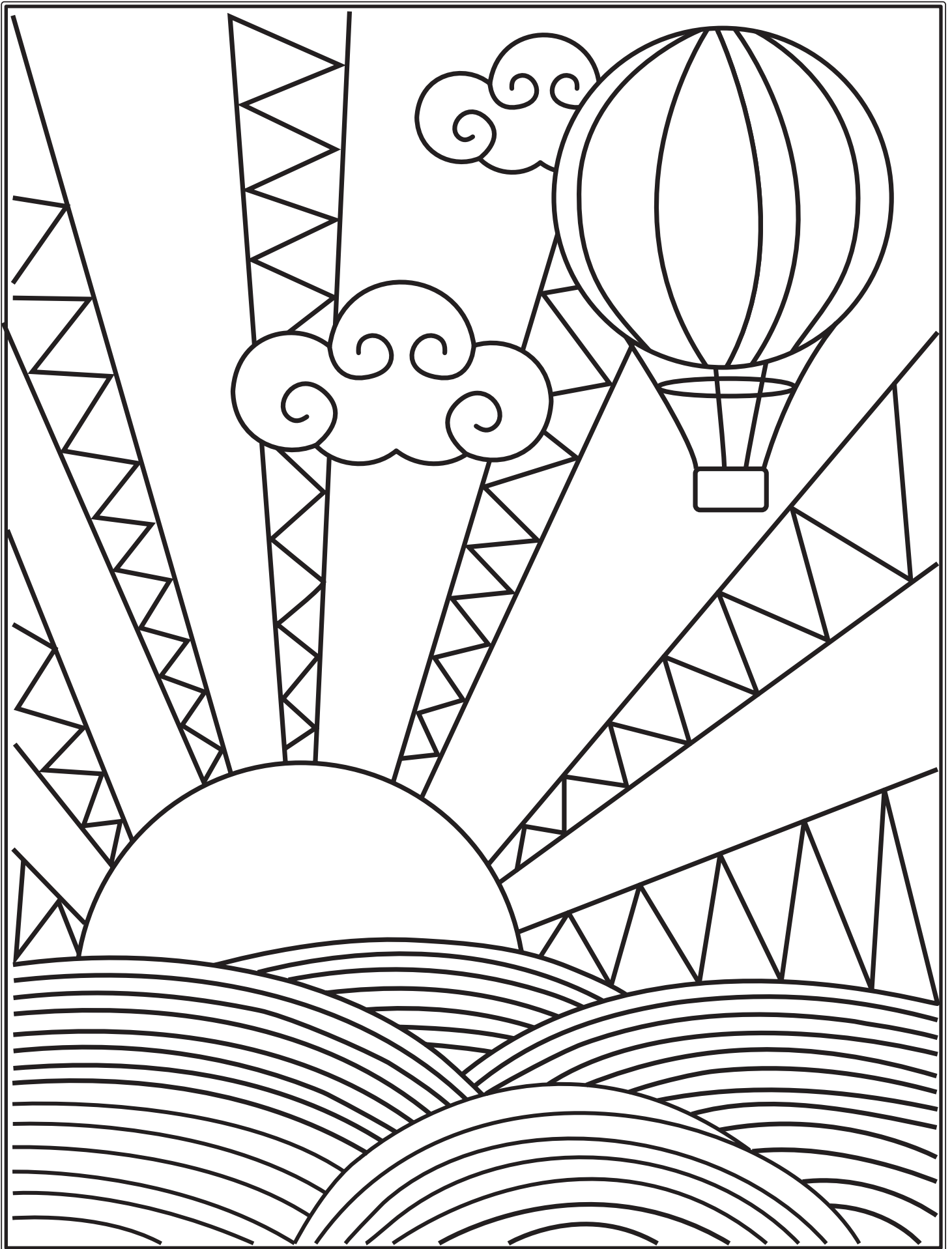


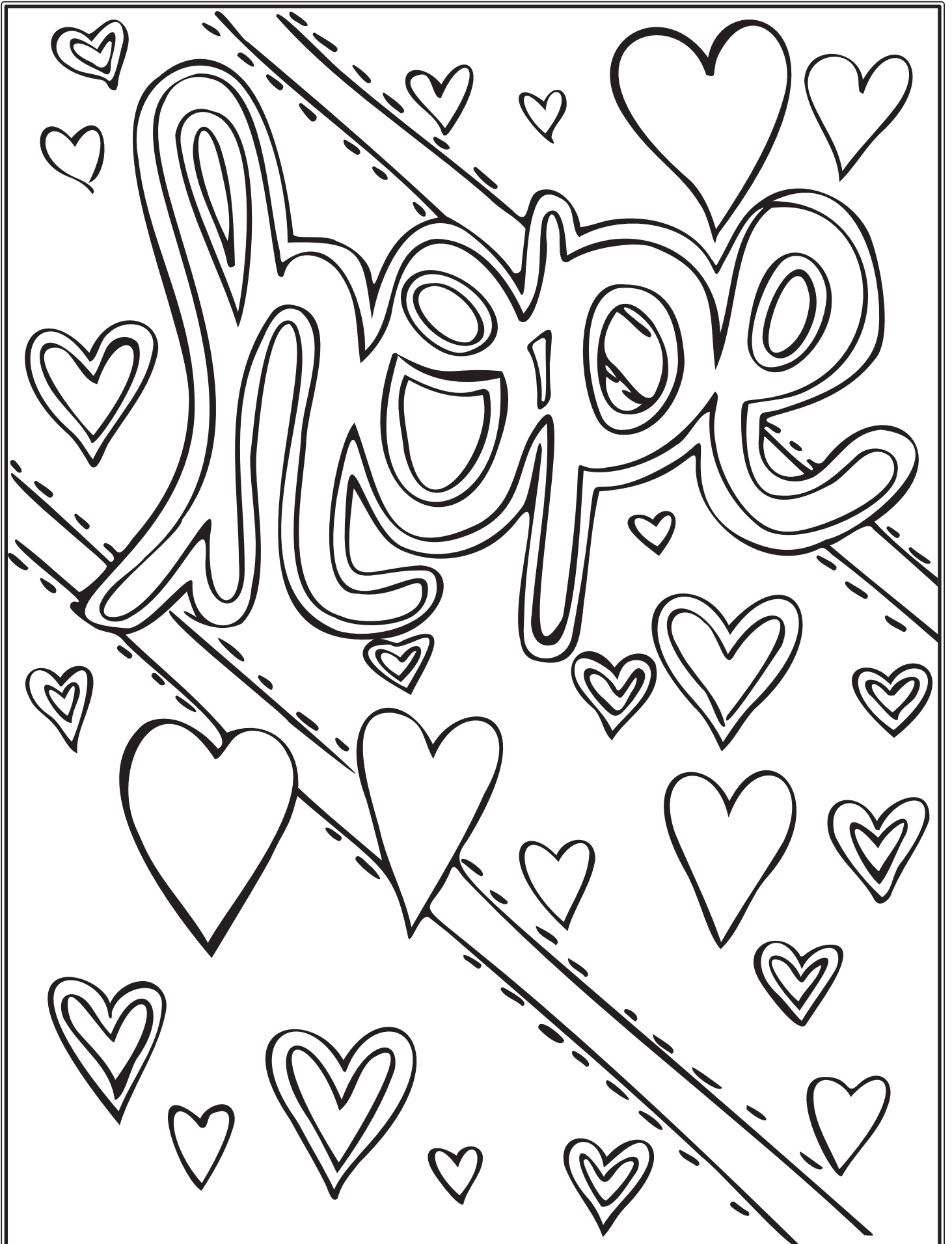


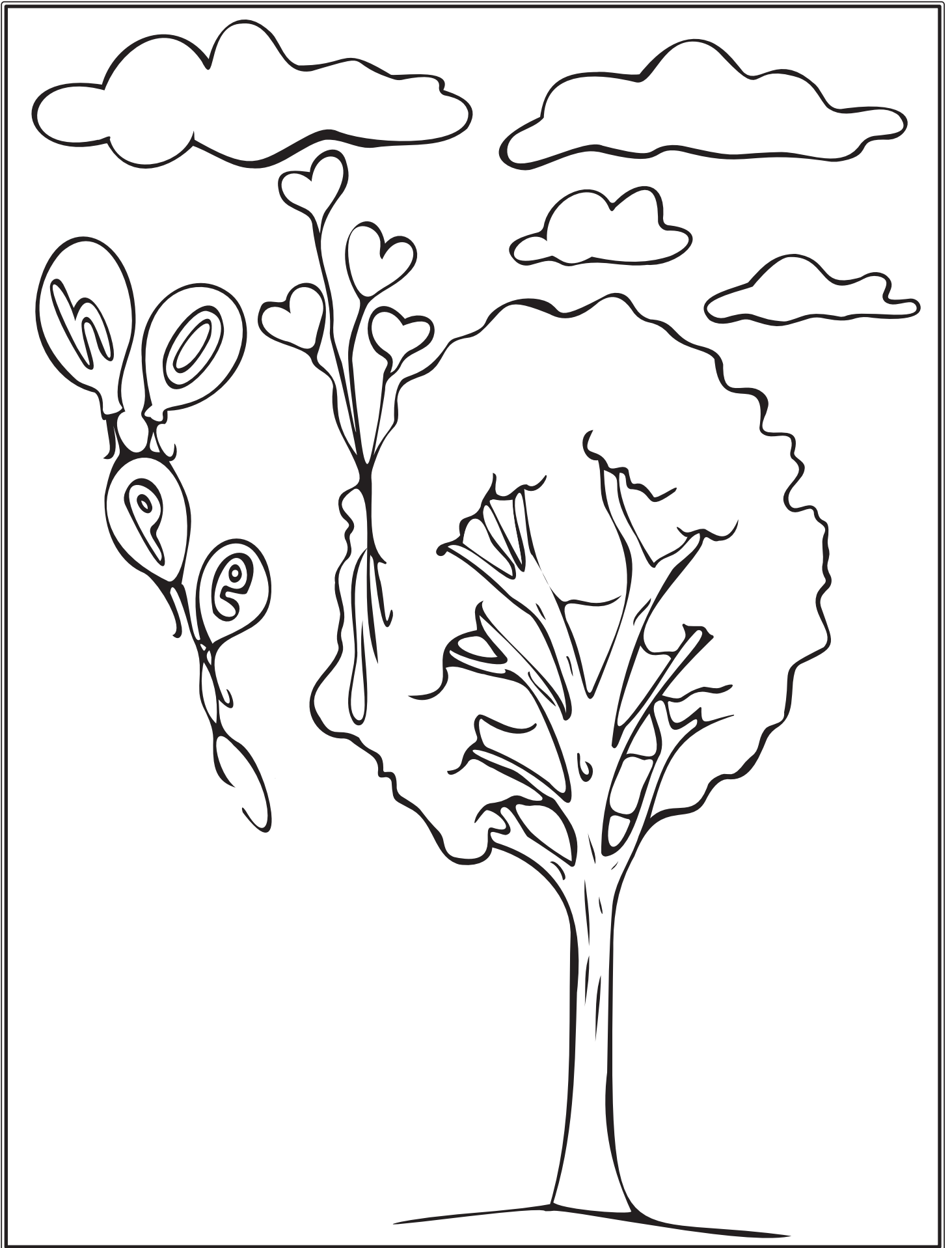
8-3-06 ♡ 8-7-11 ♡

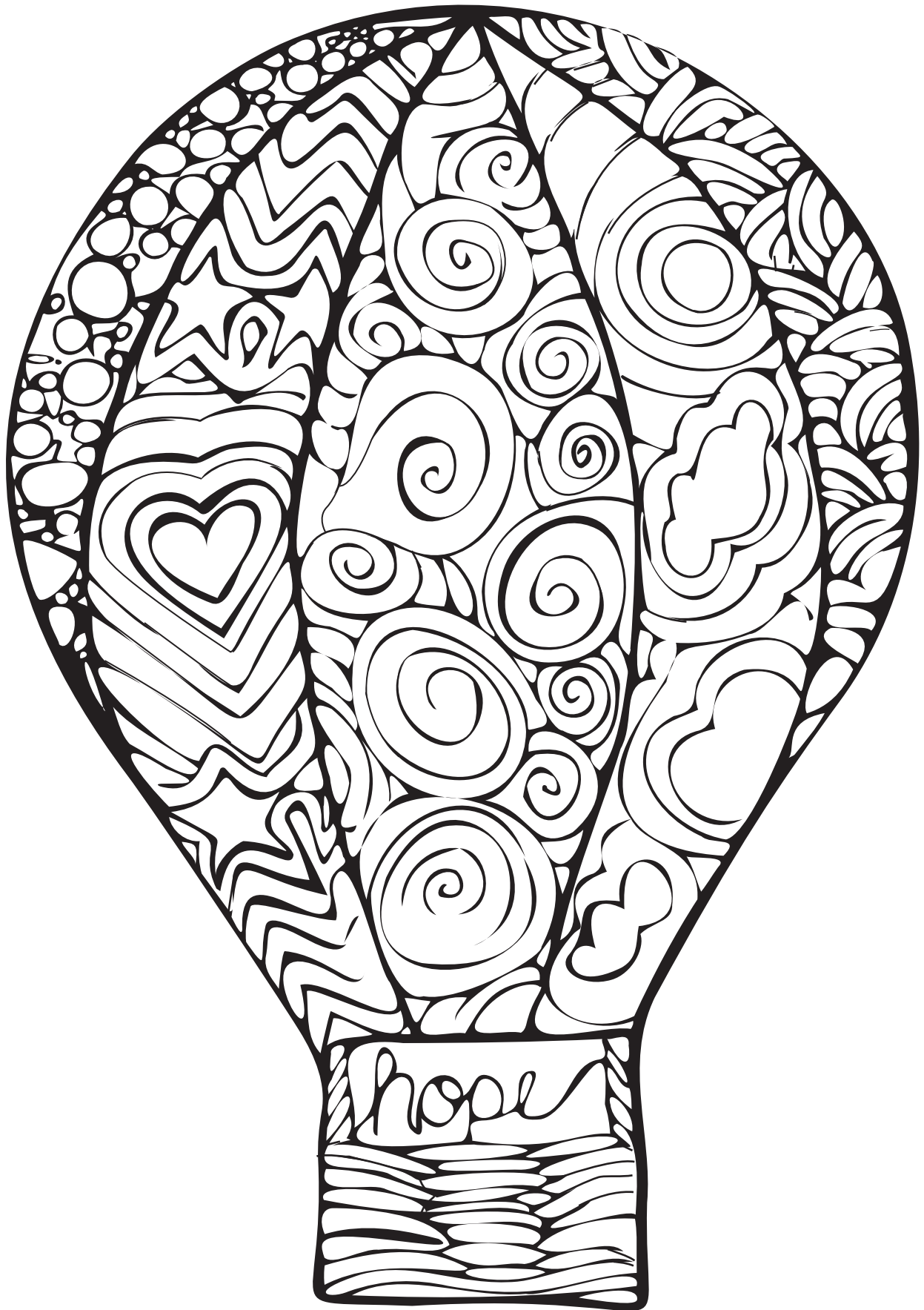


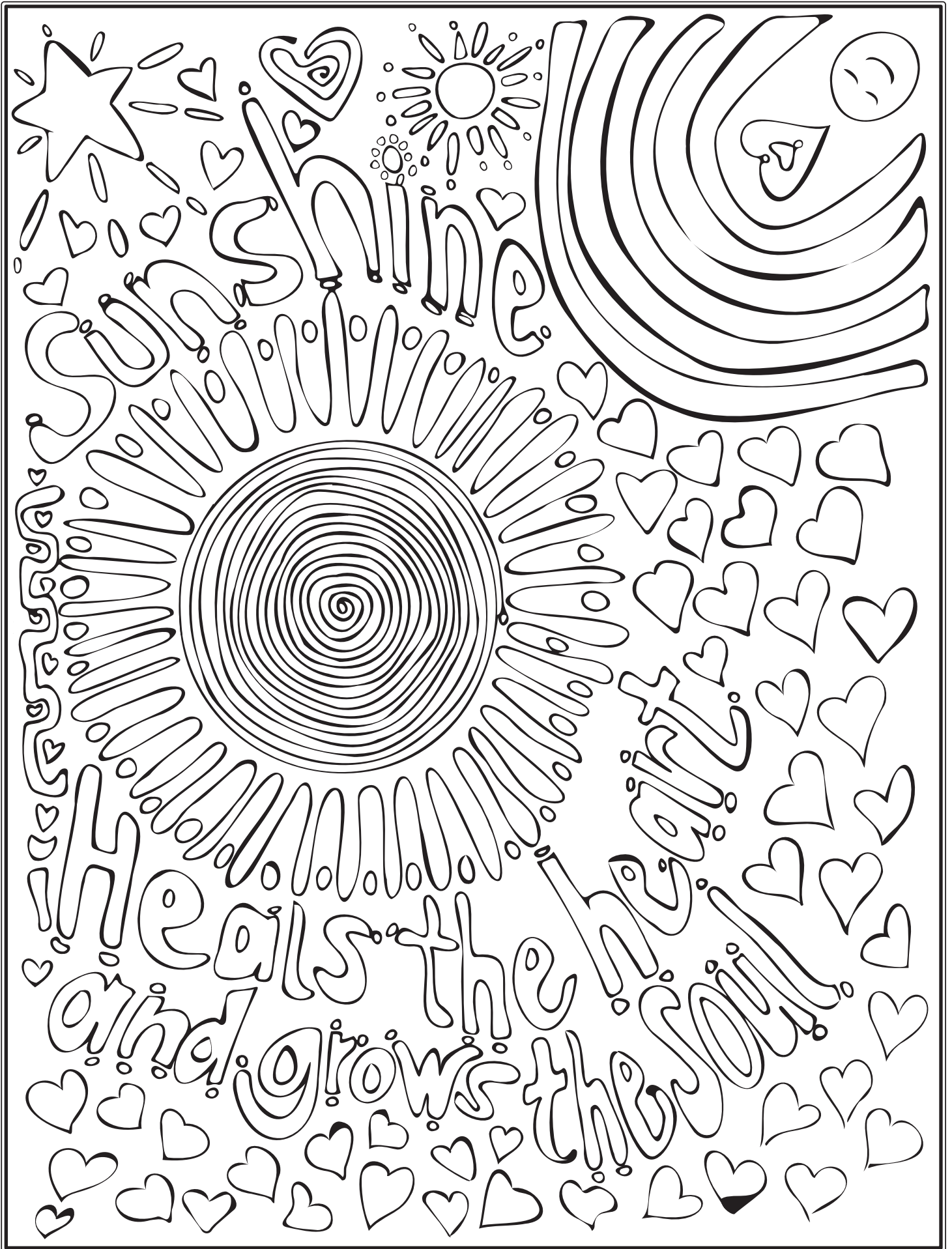
LOVE

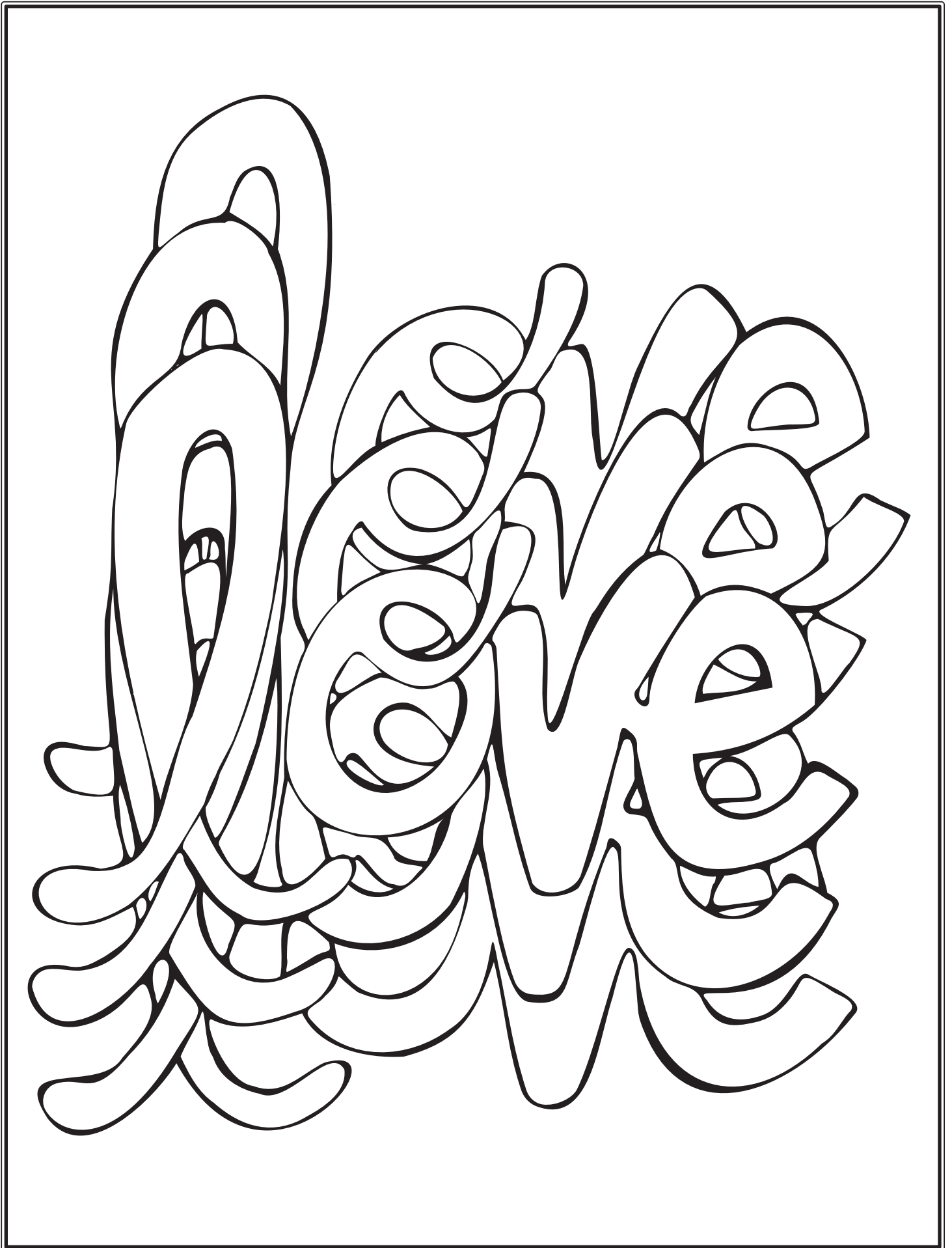


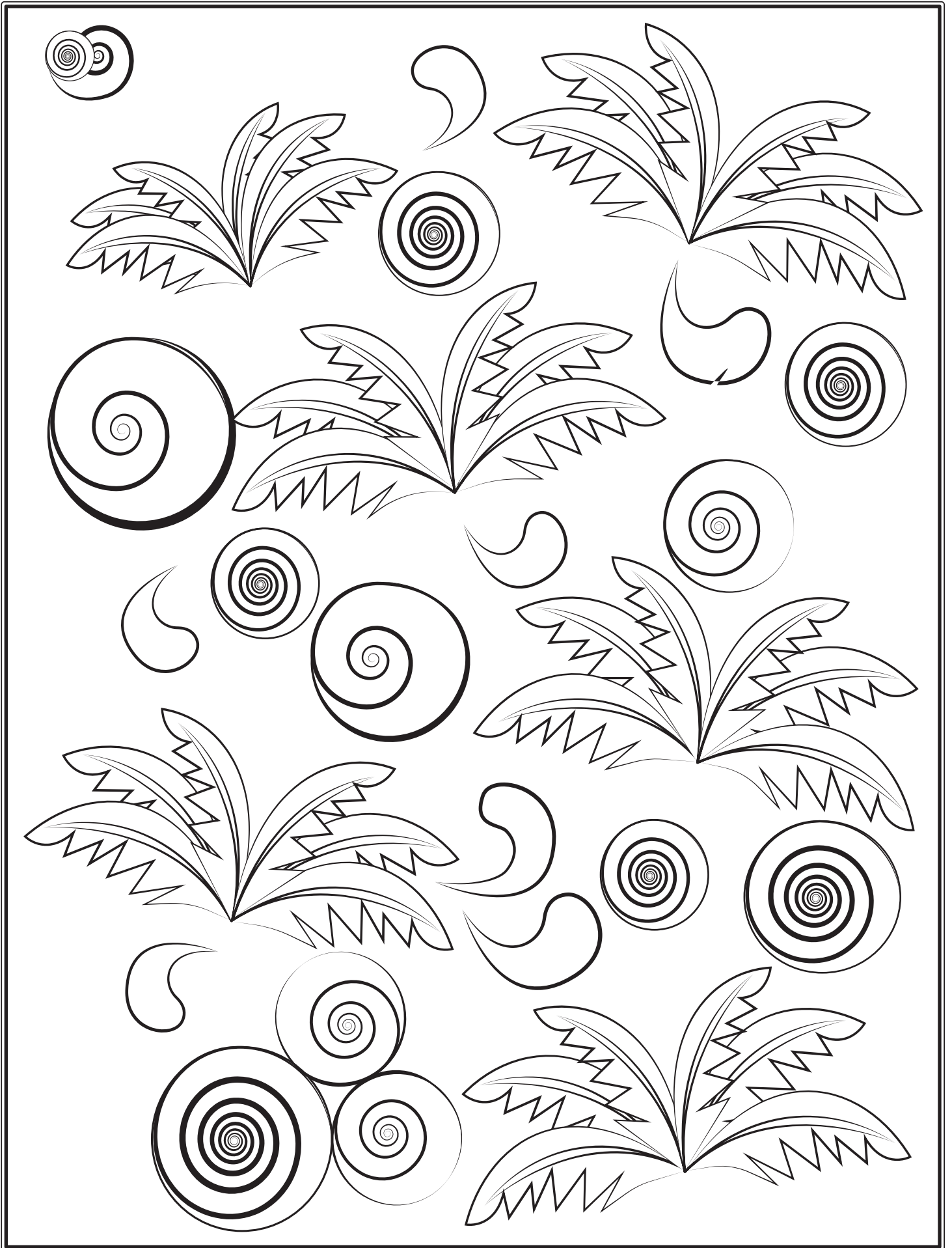




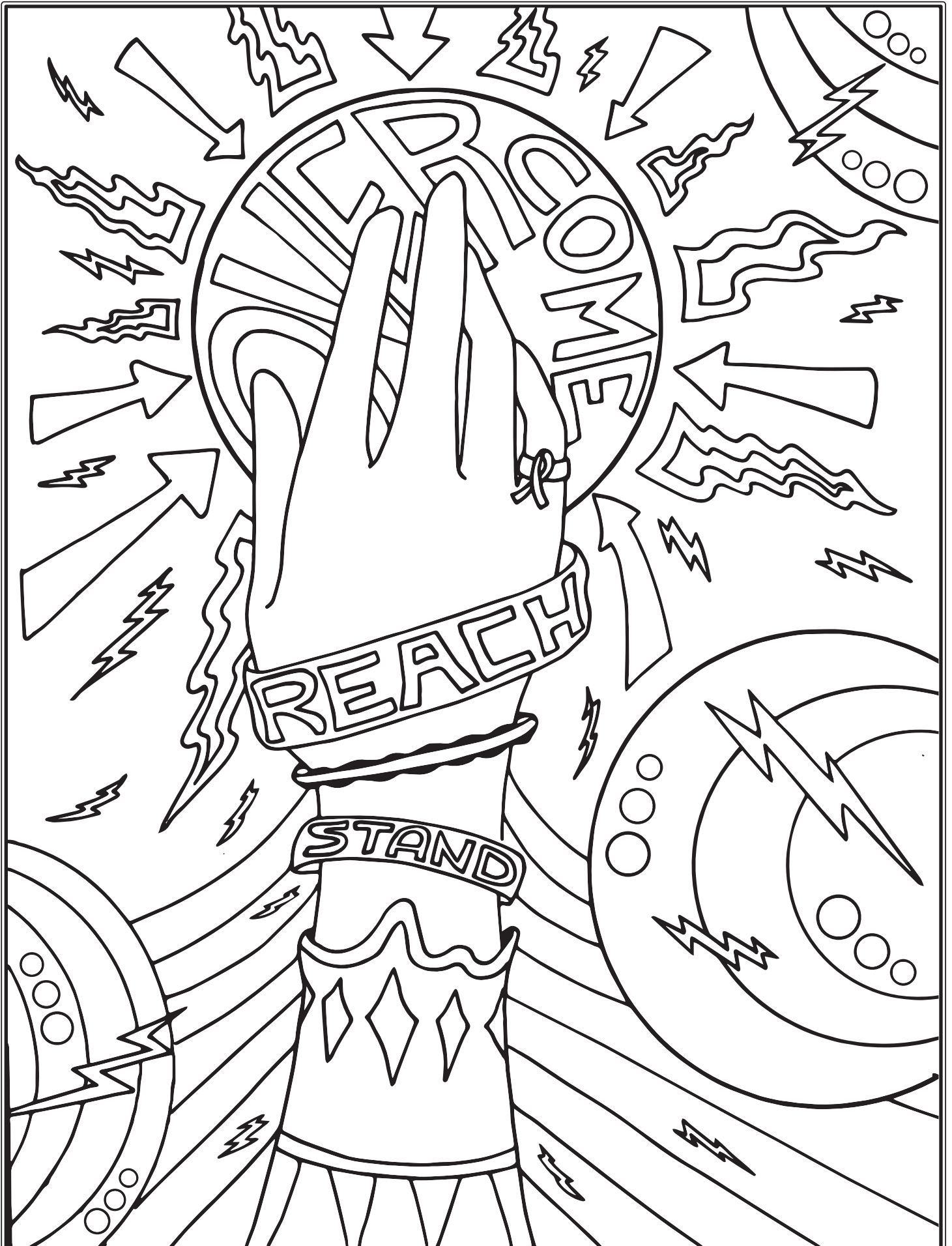


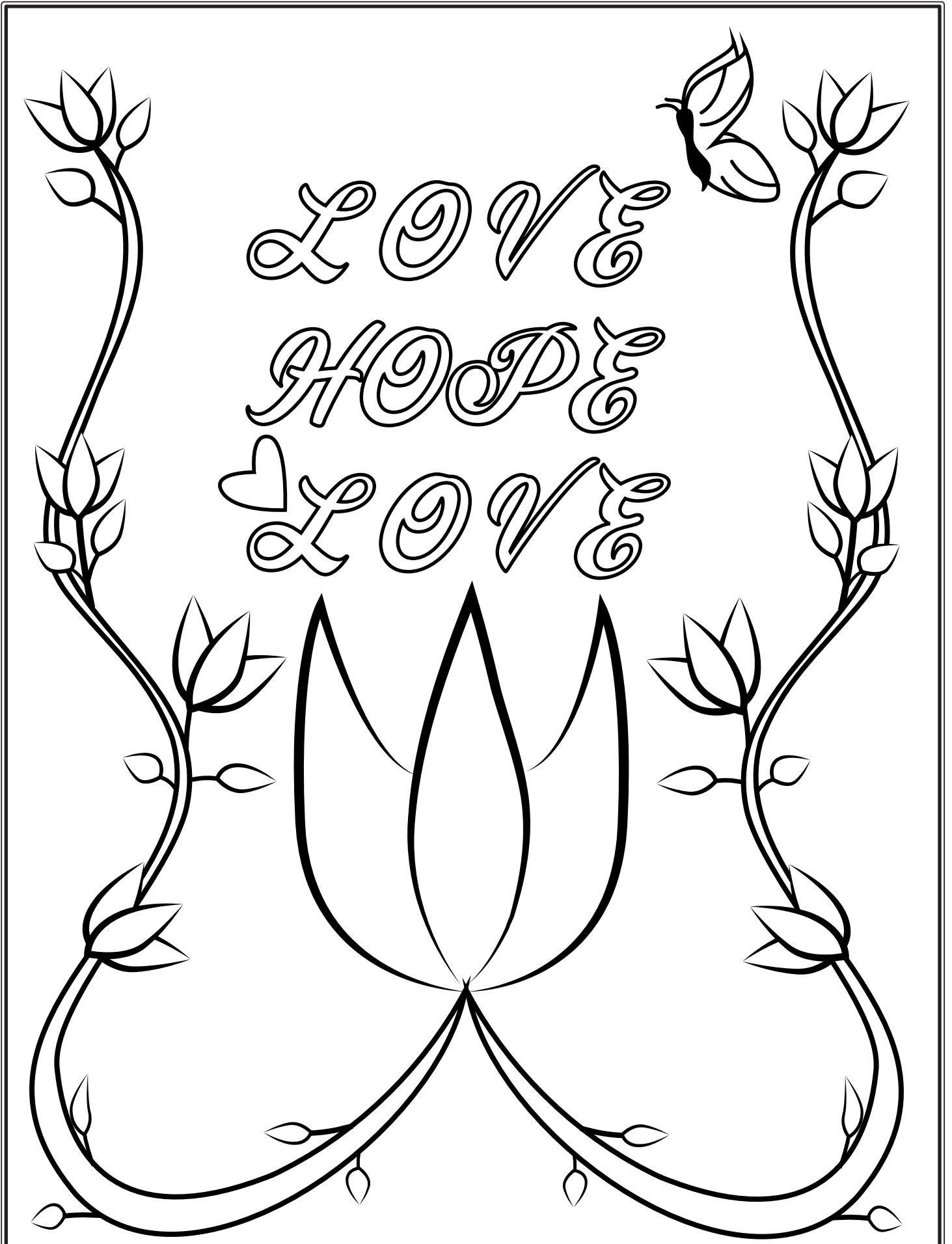








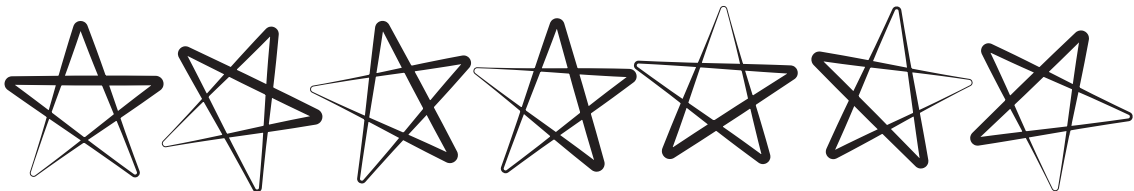




HOPE

COURAGE

STRENGTH



"VOICES"







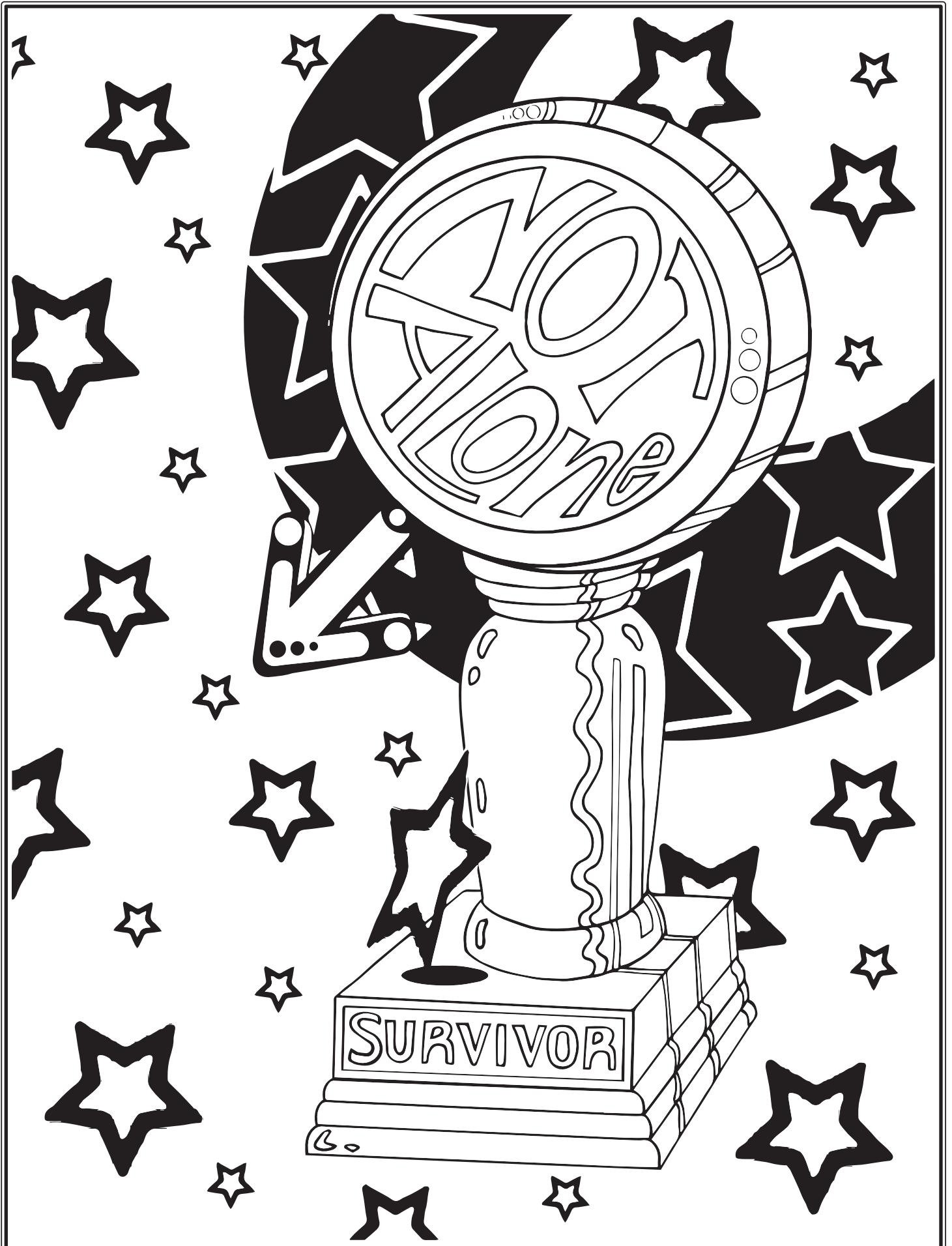
HOPE

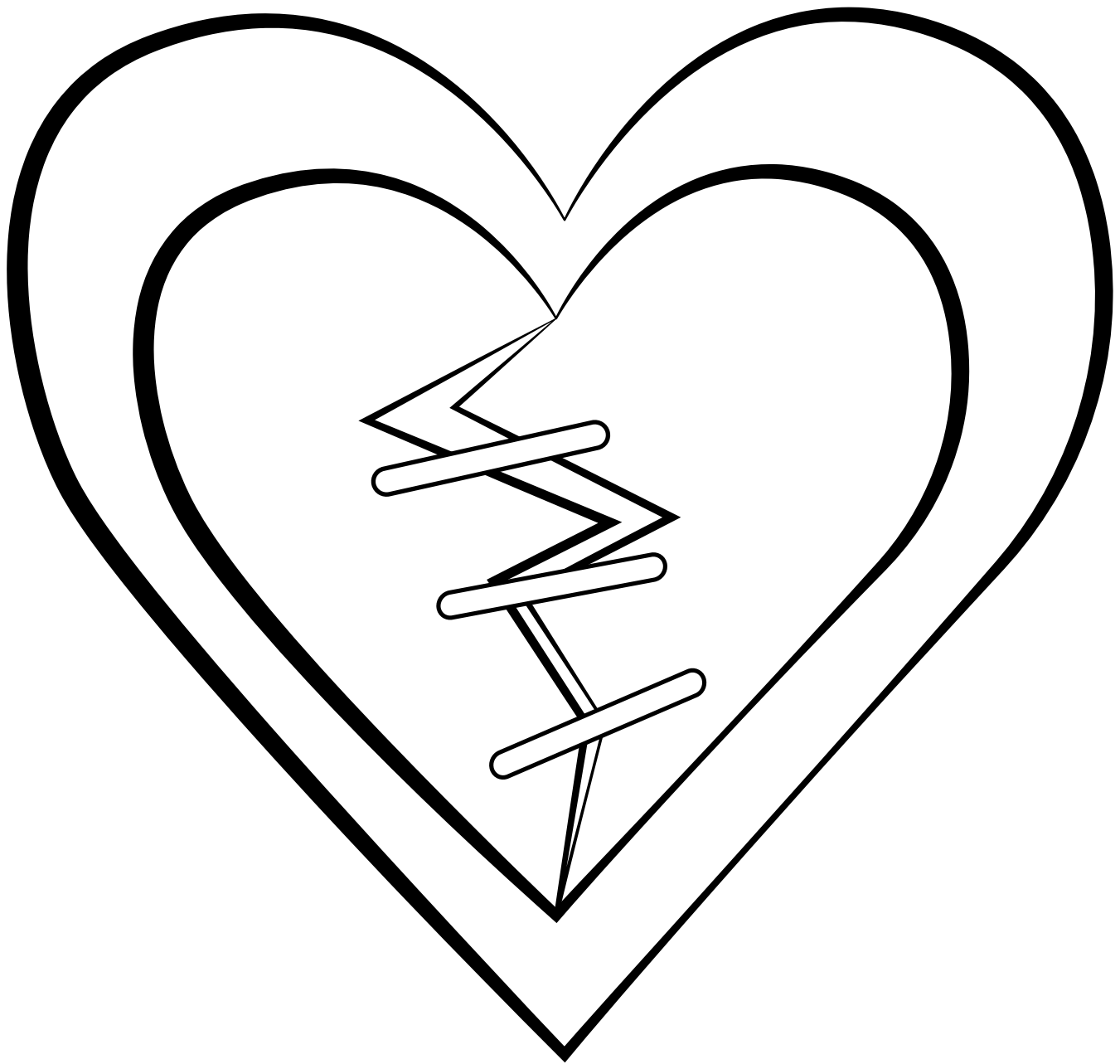
HOPE

HOPE

PE

Esperanza

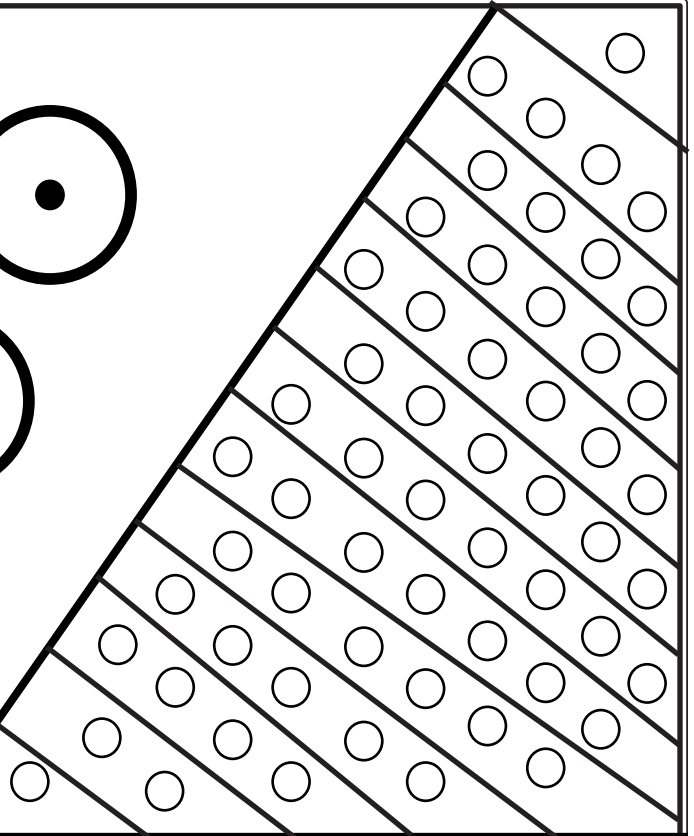
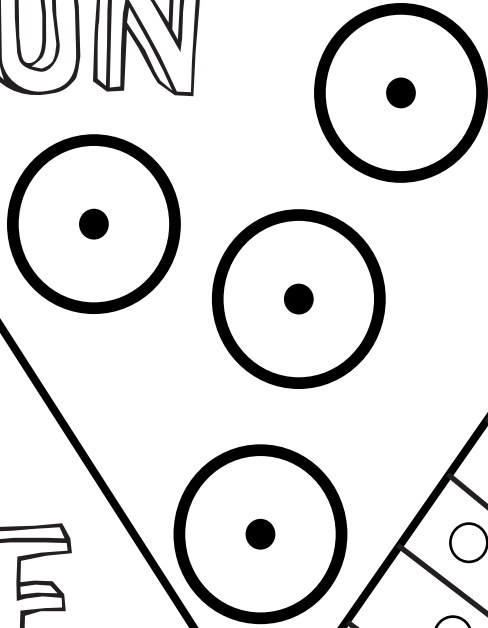




Before

and After

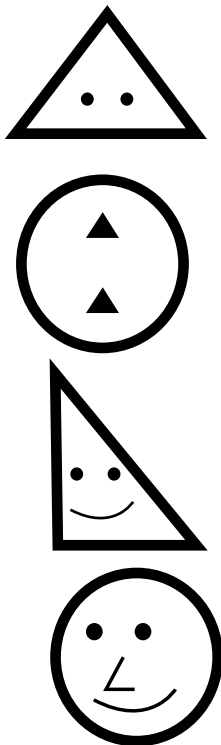
FUN



HOPE

JOY

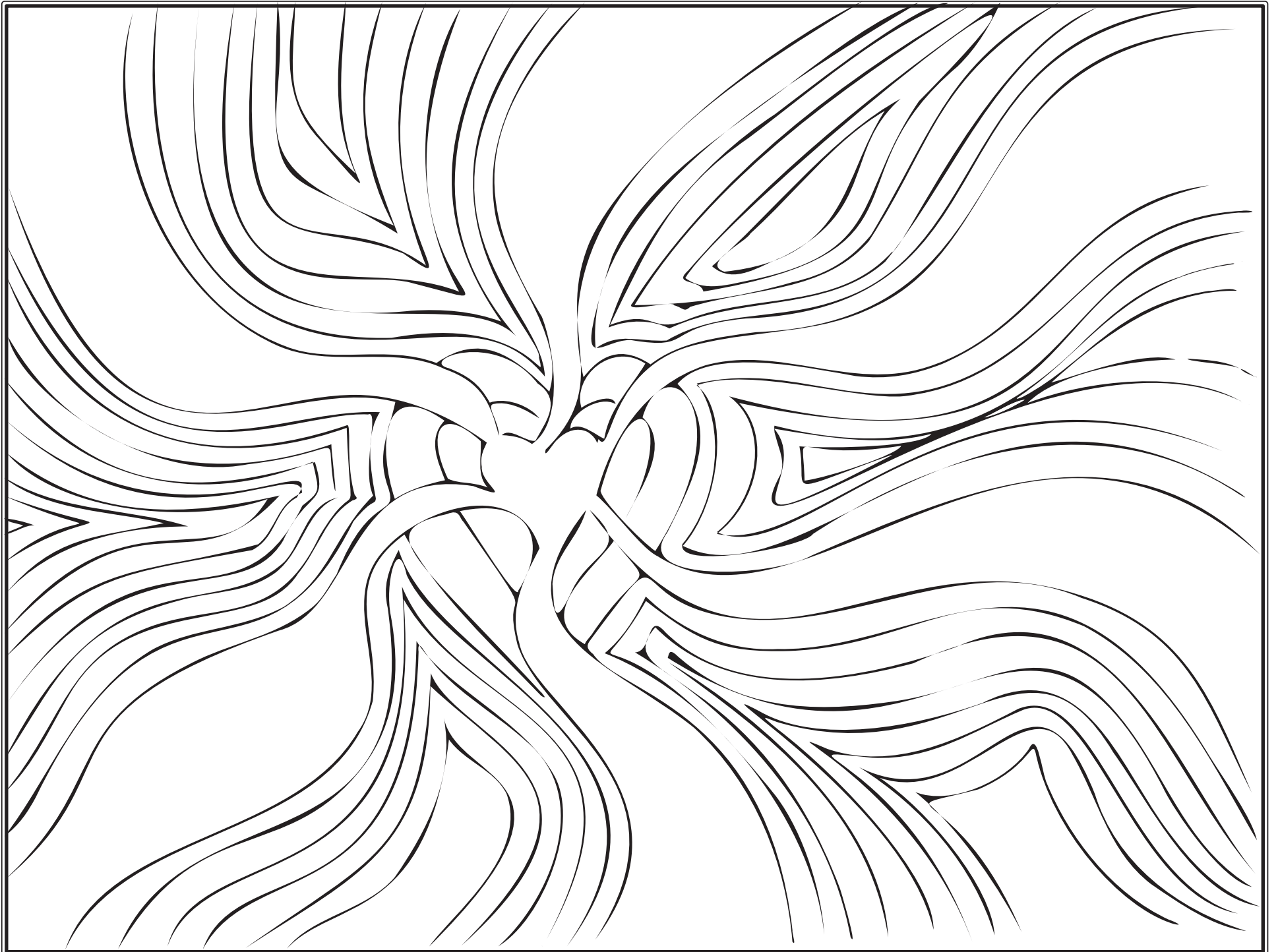
PEACE

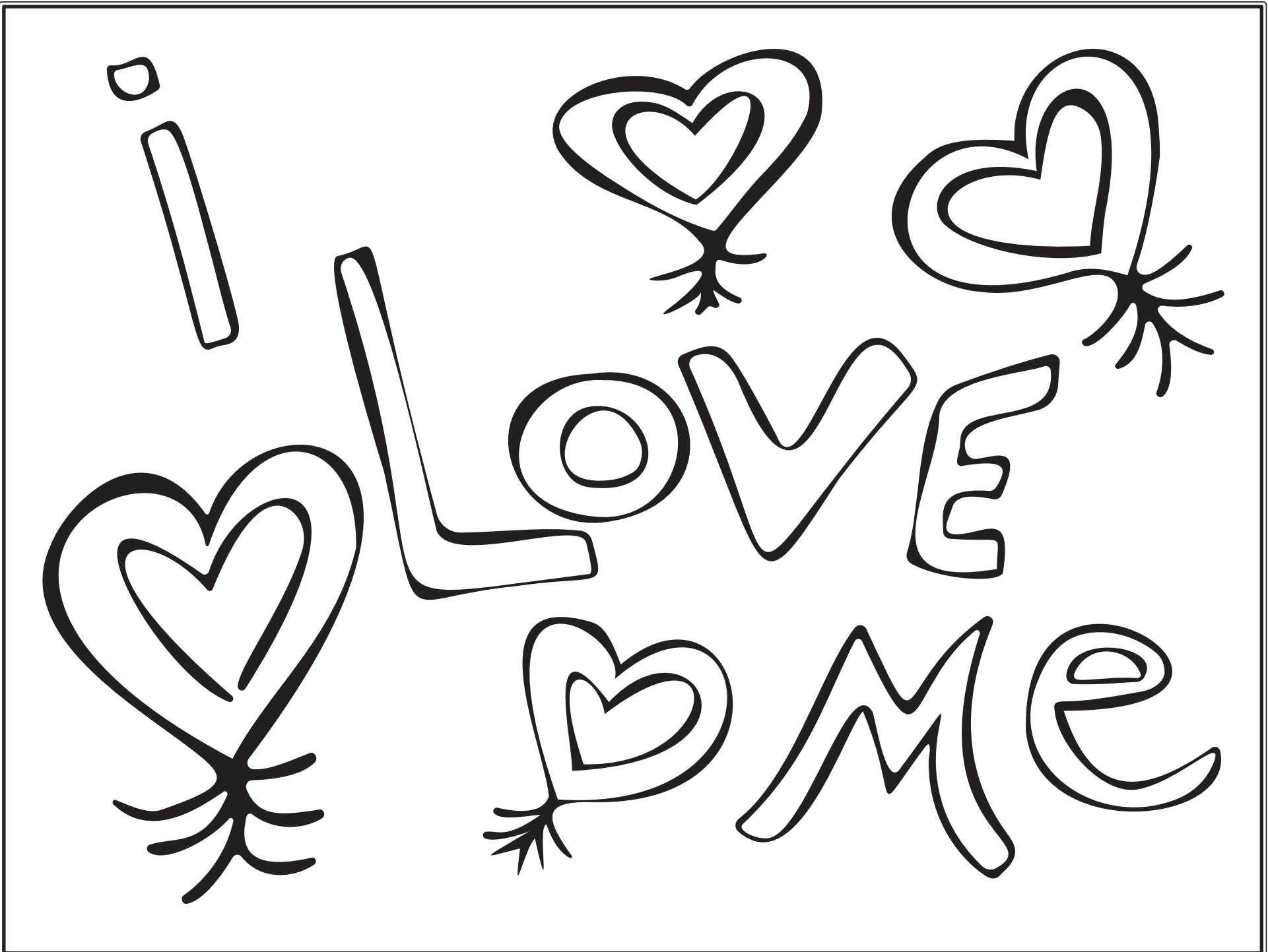


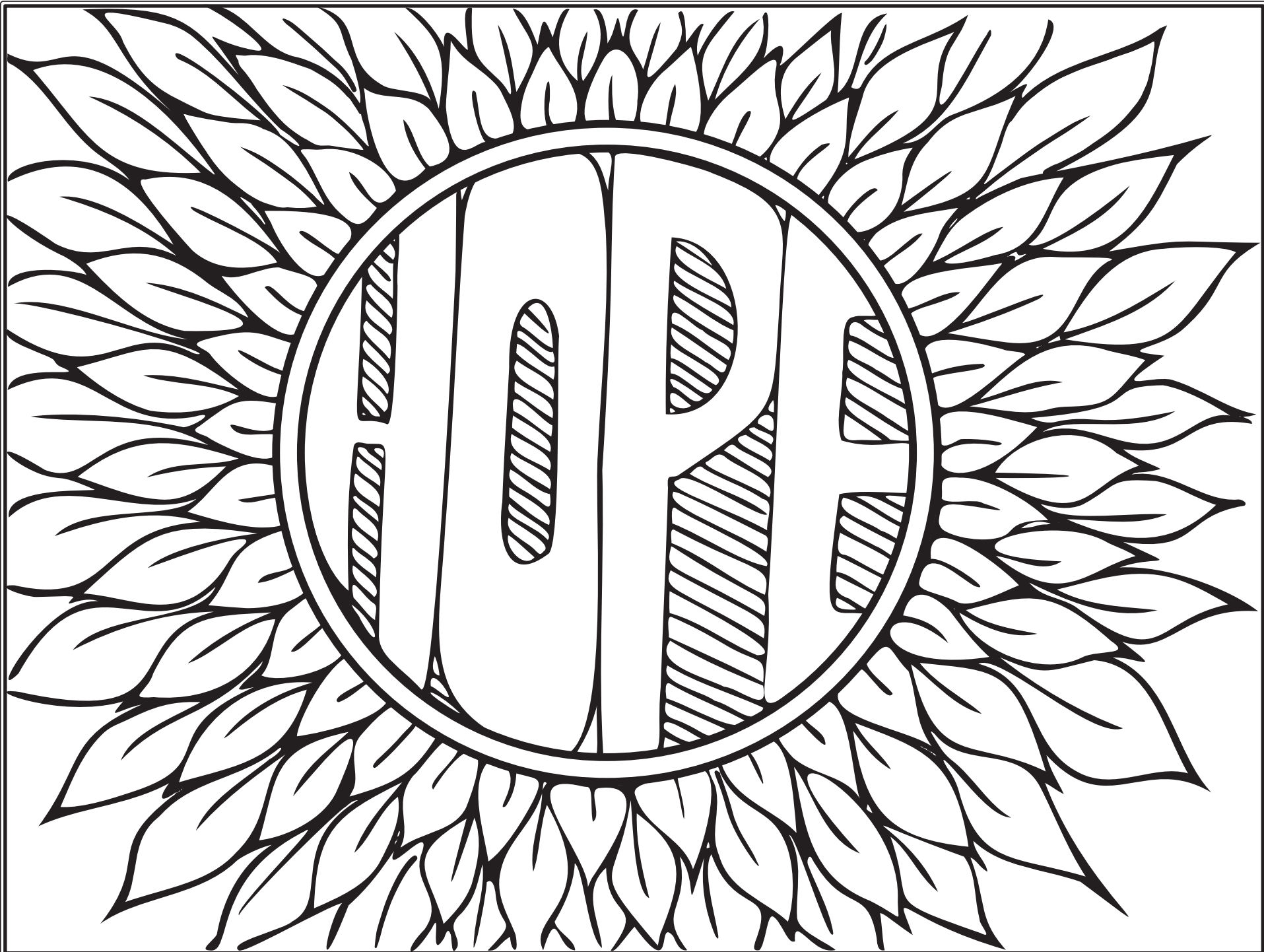
DON'T
STAY SILENT





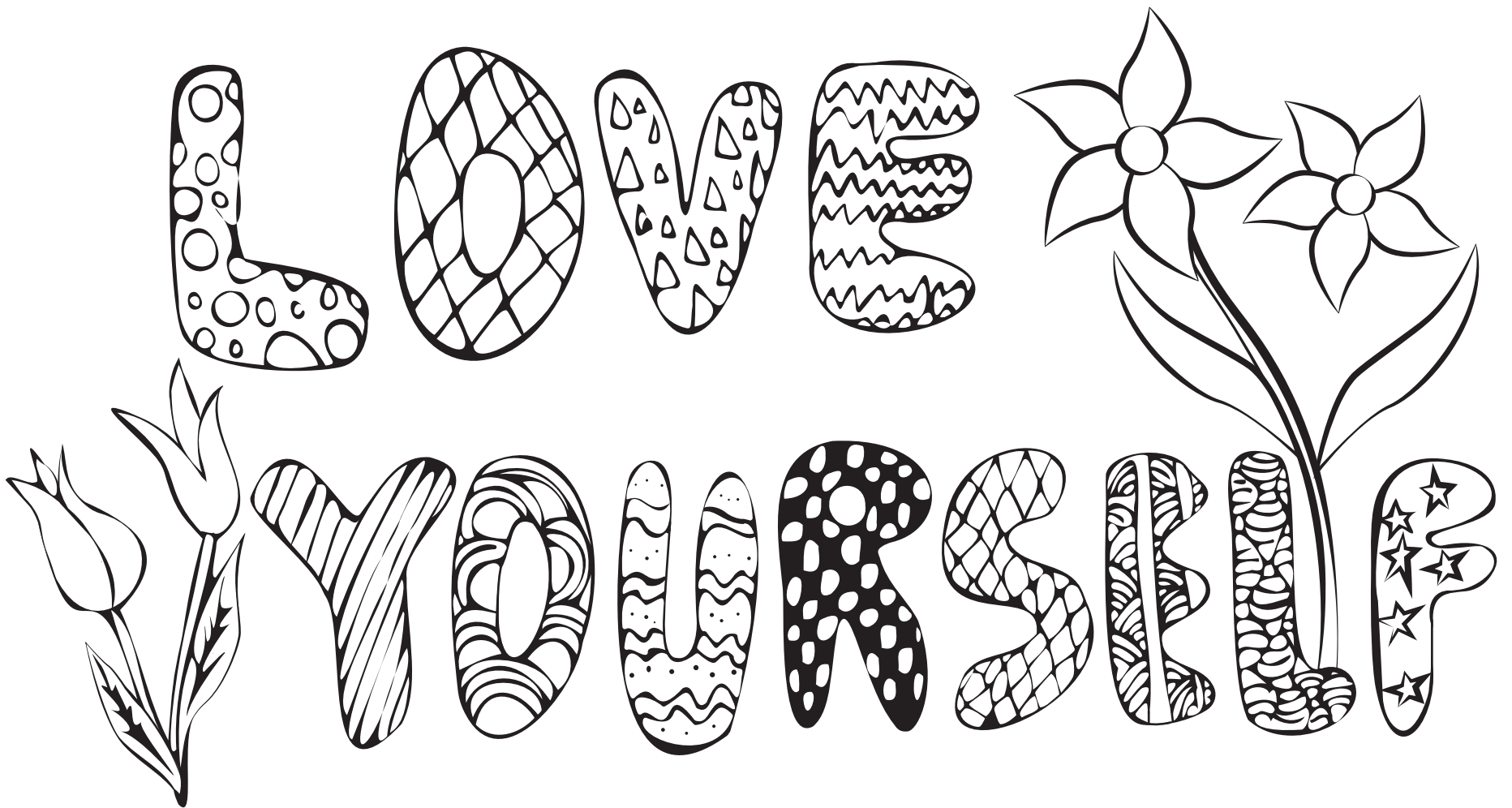


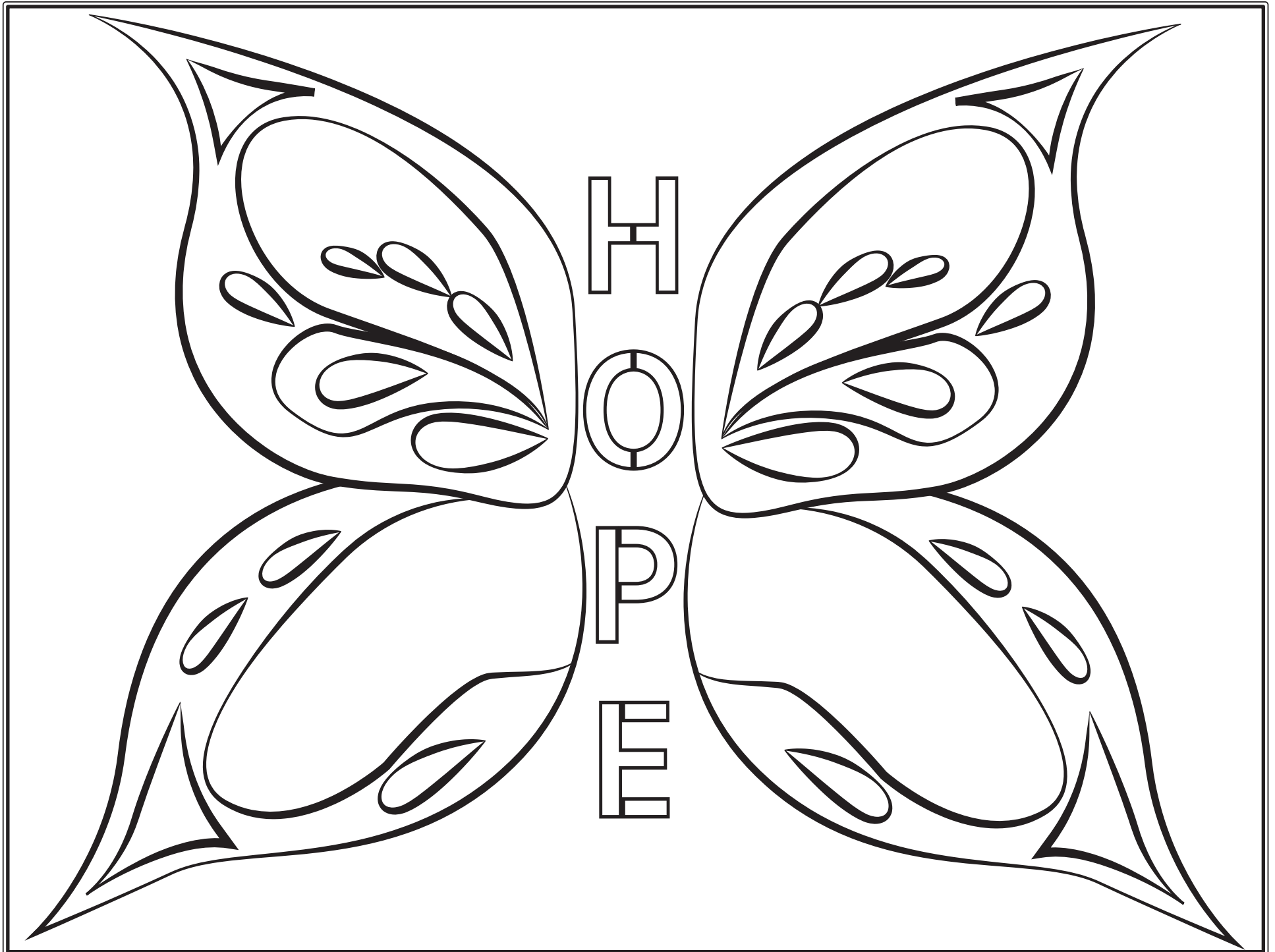




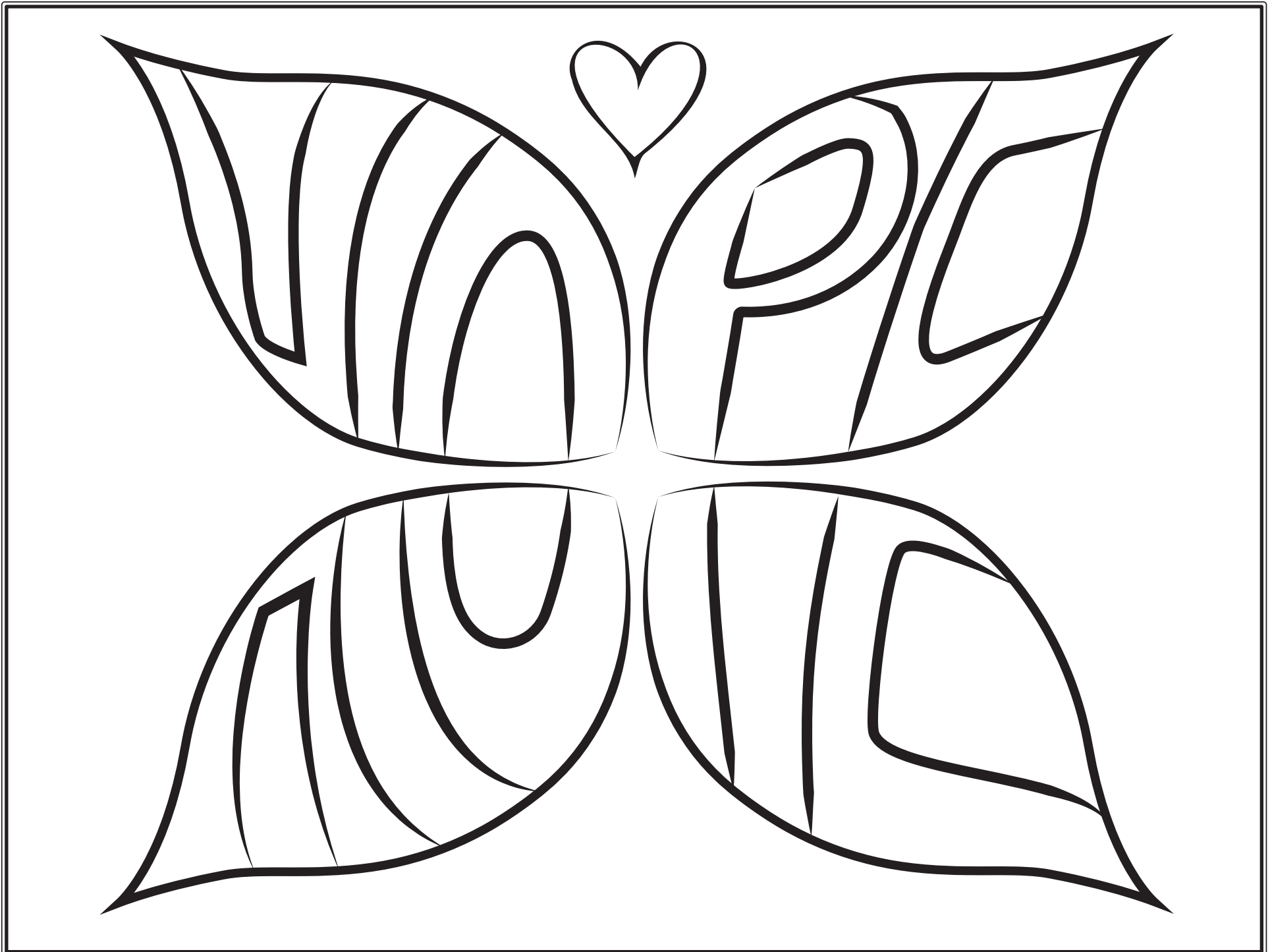




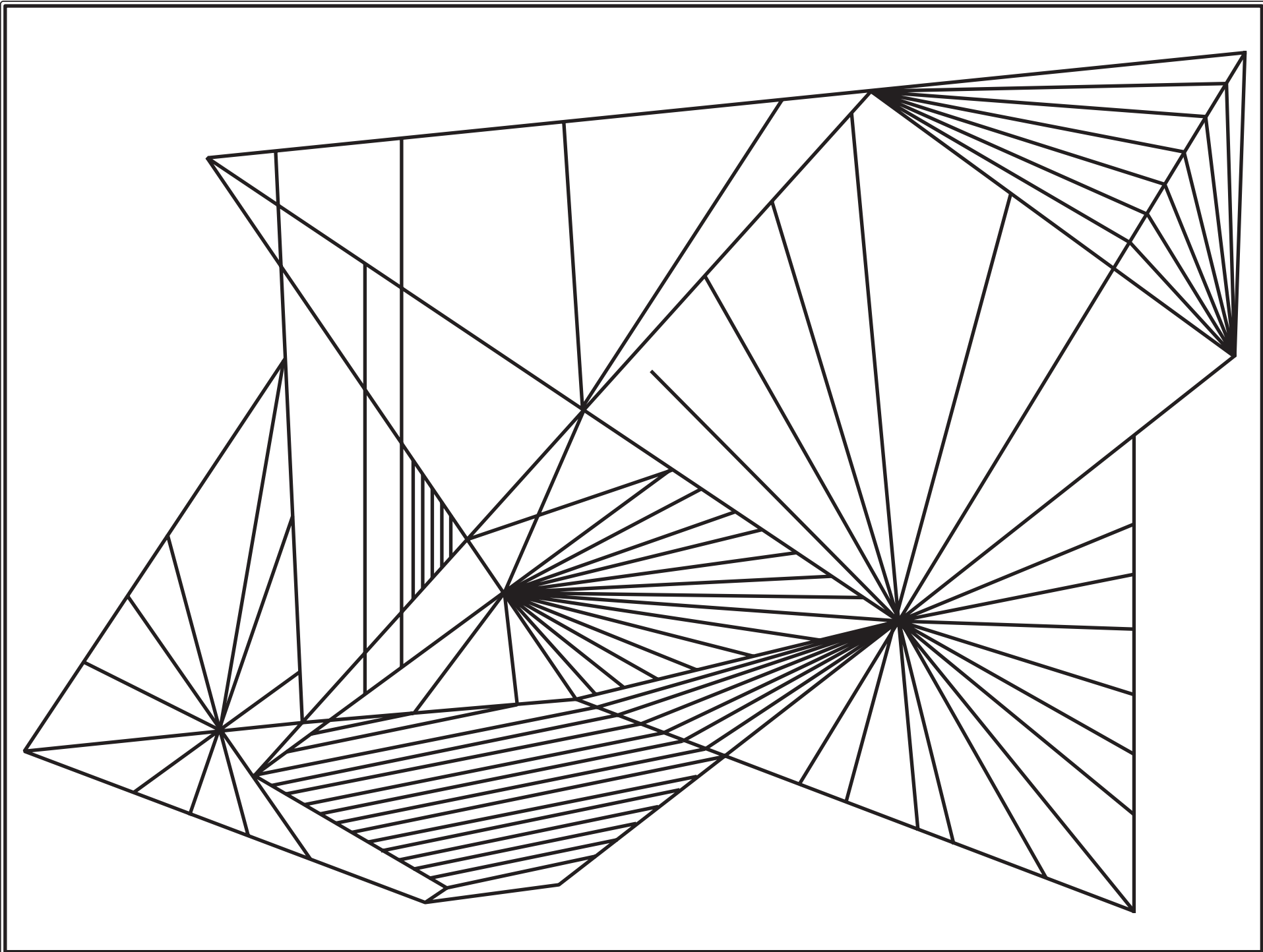


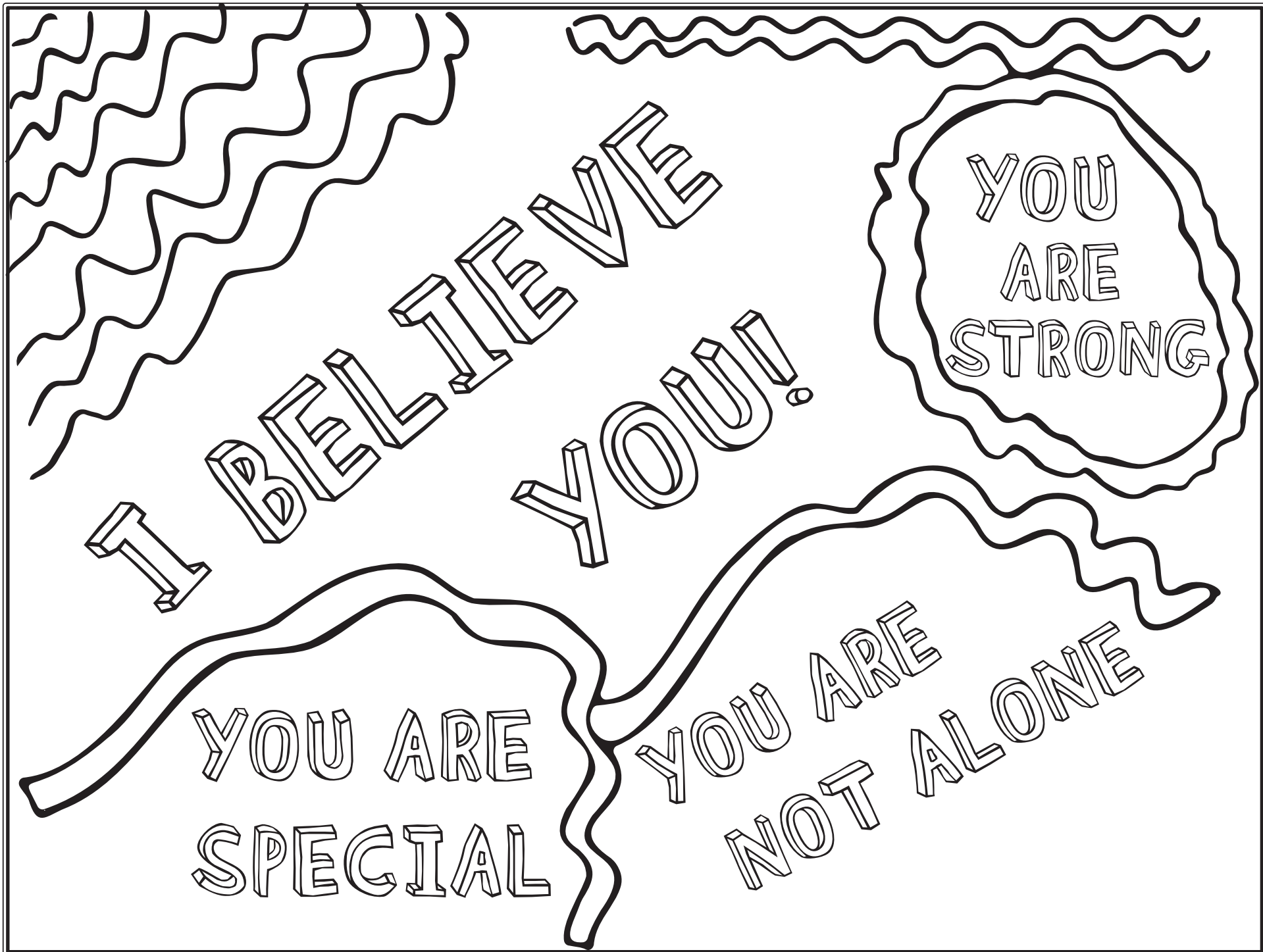


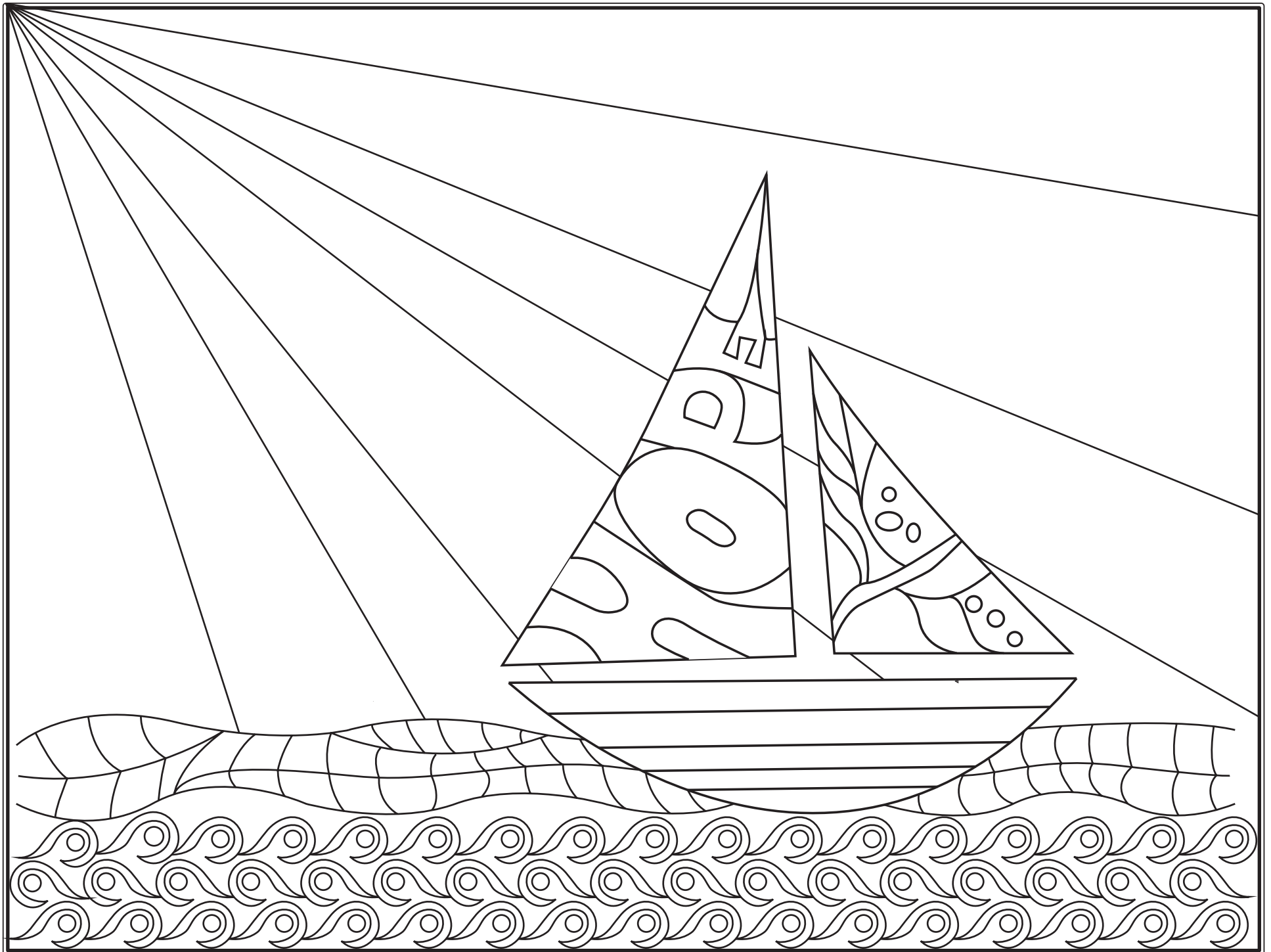


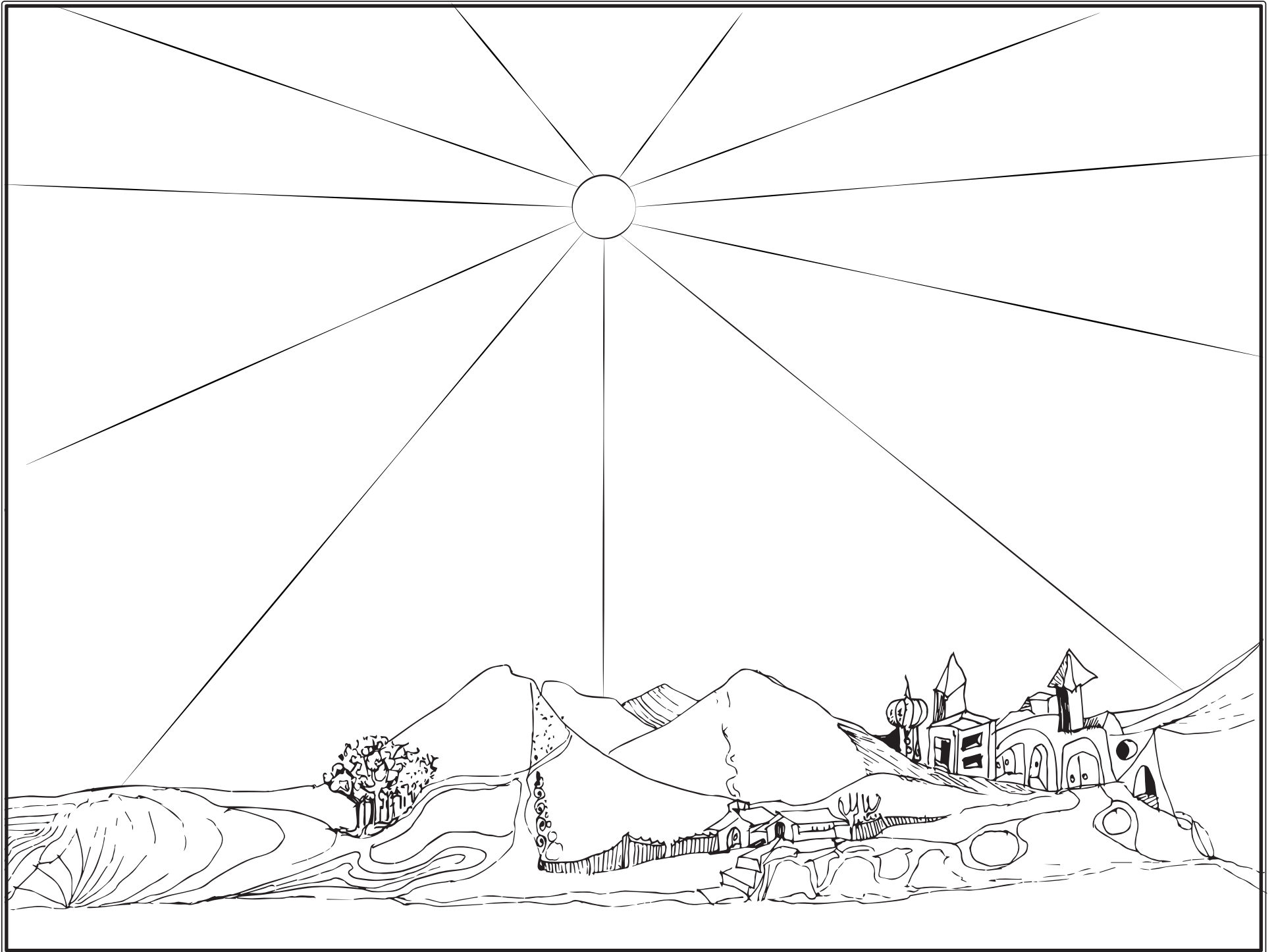


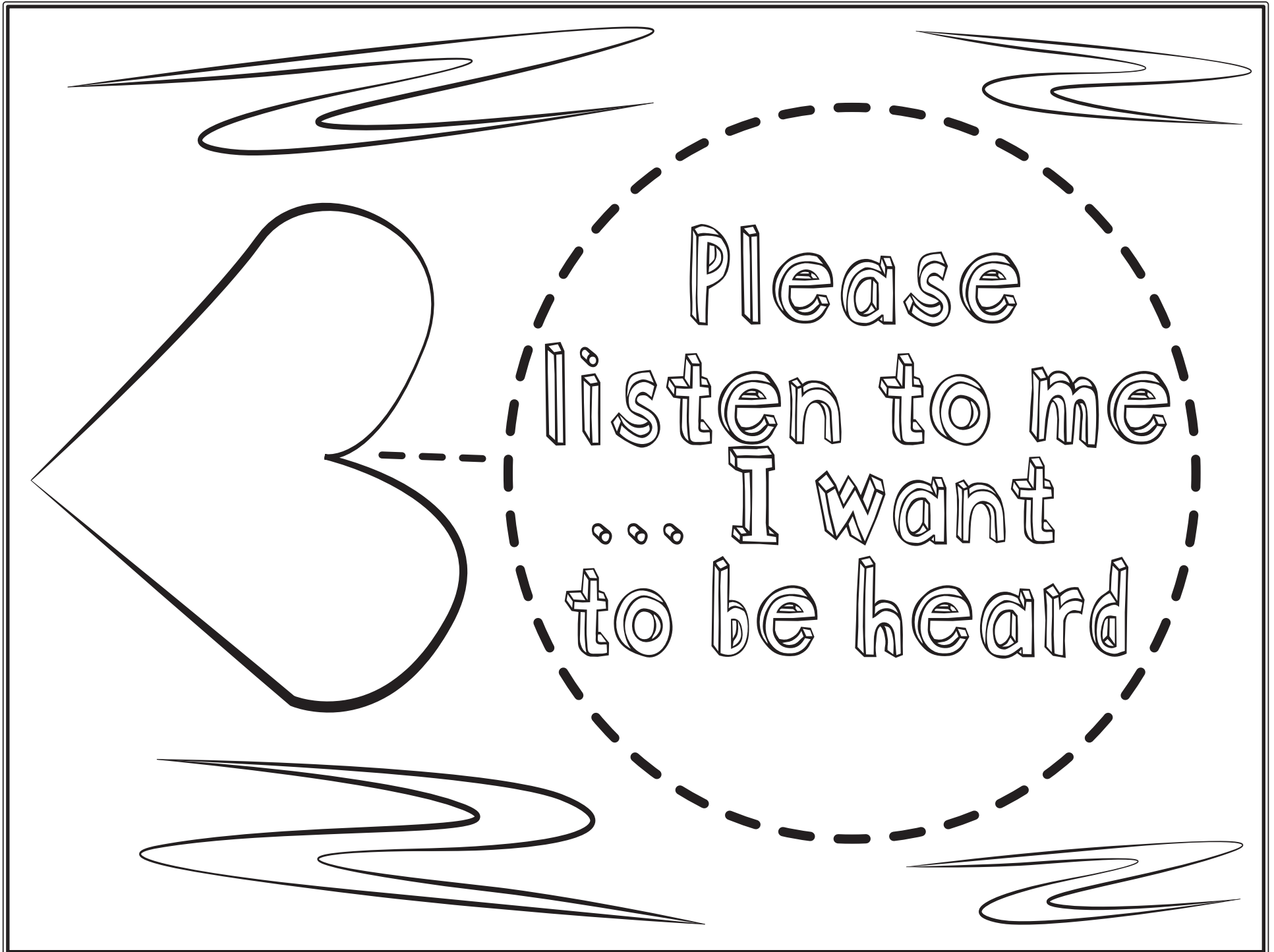












She gathered her strength and then she gripped the daisy and pulled it, ripped it from the ground, roots and all. The ground it was in was slowly poisoning it and she knew it was a risk to uproot it, plant it in rich, sweet ground, but she knew she had to try. For wasn't it better to try and risk, than inevitably be poisoned to death?

SURVIVAL. POWER.

NURTURING. EARTH. SUN.

WATER. LIFE. FREEDOM.

PEACE. AGENCY. LOVE...were what it needed and only SHE could manifest this.

