



A Colouring Book for Black Survivors

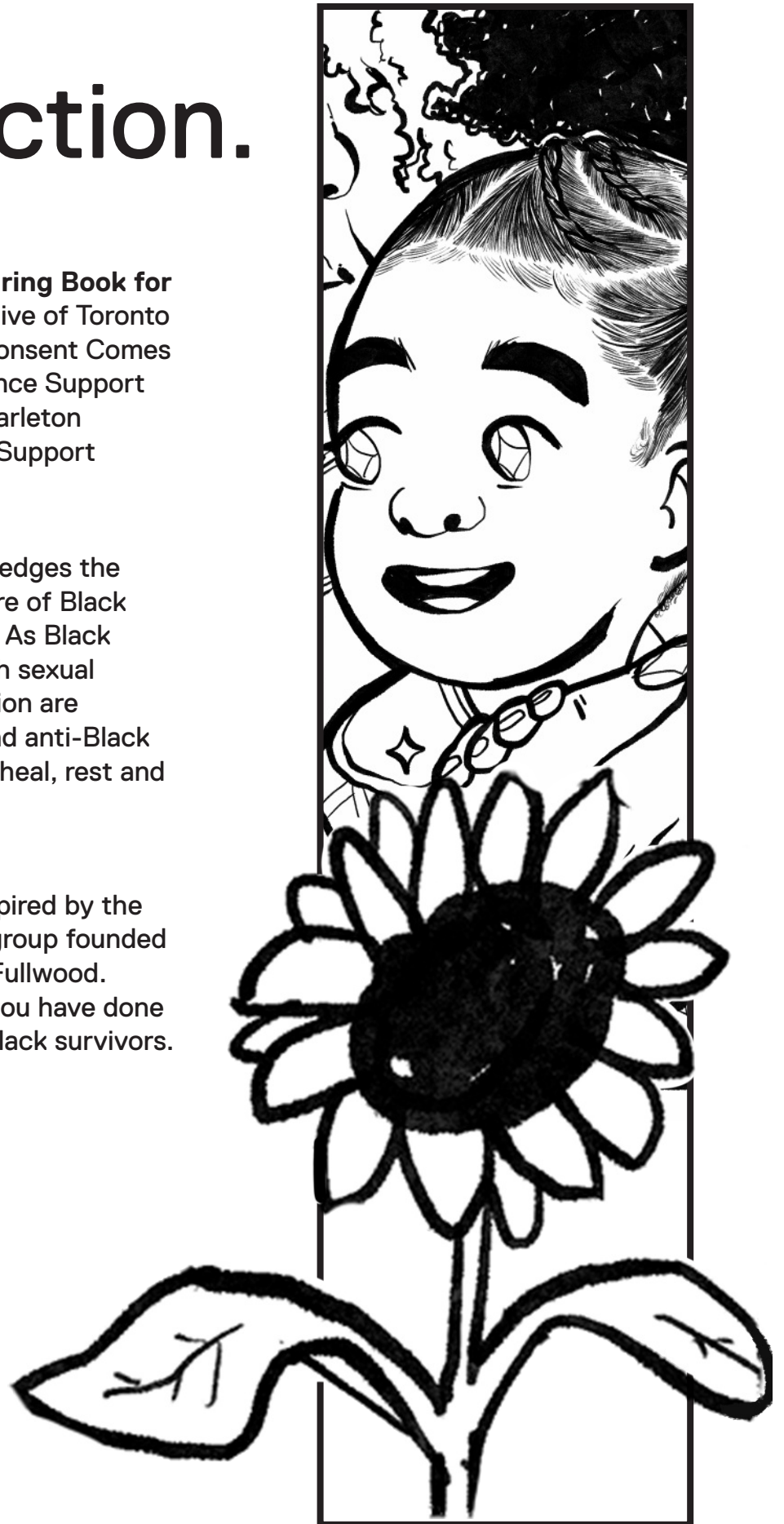
Introduction.

We Heal Together: a Colouring Book for Black Survivors is an initiative of Toronto Metropolitan University’s Consent Comes First, Office of Sexual Violence Support and Education Office and Carleton University’s Sexual Assault Support Centre.

“We Heal Together acknowledges the systemic barriers and erasure of Black folks in survivor-led spaces. As Black people, our experiences with sexual trauma and hypersexualization are influenced by colonialism and anti-Black racism. We deserve time to heal, rest and be loved in community.”

— Casandra Fullwood

This colouring book was inspired by the We Heal Together support group founded by TMU student Casandra Fullwood. Thank you for all the work you have done to create safer spaces for Black survivors.



We are glad you are here. This book is dedicated to YOU.



Authors:

Casandra Fullwood
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Illustrators:

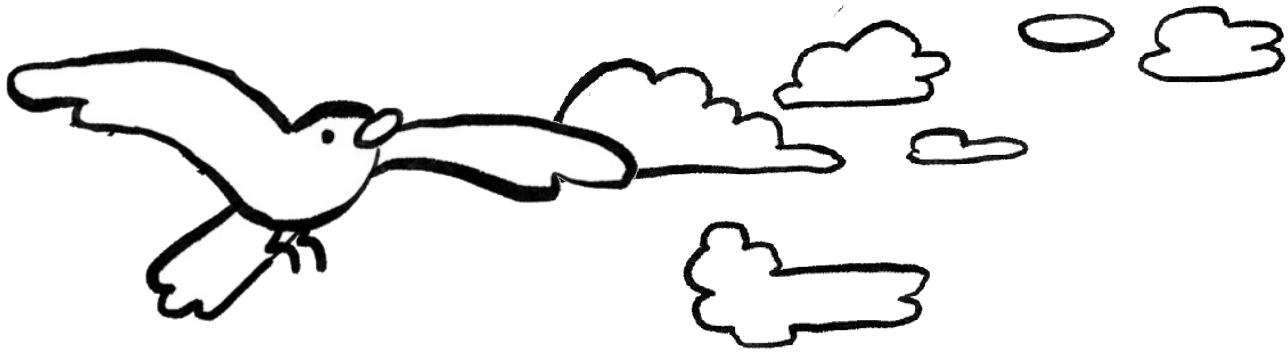
KeZna Dalz
Ashanti Fortson

Layout: Leon K.



Feel free to print and share the colouring book.
Post your images on social media with the hashtag
#WeHealTogether

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Need Support? You Are Not Alone.

Consent Comes First (CCF), the Office of Sexual Support & Education provides free, confidential, trauma-informed, healing-centred support to Toronto Metropolitan University students affected by sexual violence and other forms of gender-based violence. CCF can connect you to services, explore options and support you in whatever you need. It doesn't matter when, with whom or how the harm happened; we are here to listen.

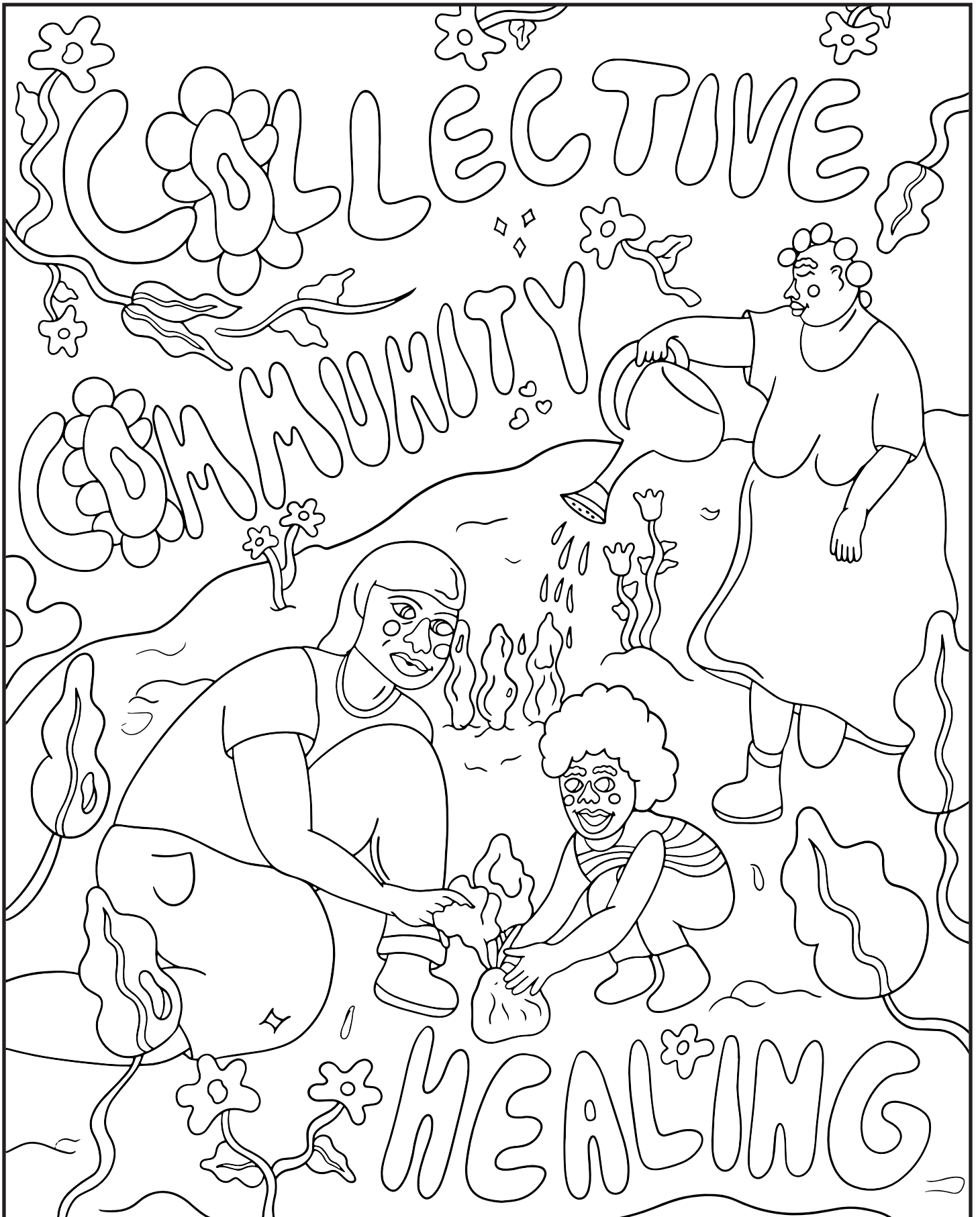
www.torontomu.ca/sexual-violence

Join our community on Instagram: @consentcomesfirst

Carleton University's Sexual Assault Support Centre provides sexual violence support services to students, staff, and faculty members. We believe survivors, and we believe that survivors are the experts in their own lives. Therefore, we will listen, provide resources and support you as you choose the best option for you. Our services are free, confidential, and available to all Carleton University members. Resources for Carleton University community members can visit:

www.carleton.ca/equity

Join our community on Instagram: @cusasc

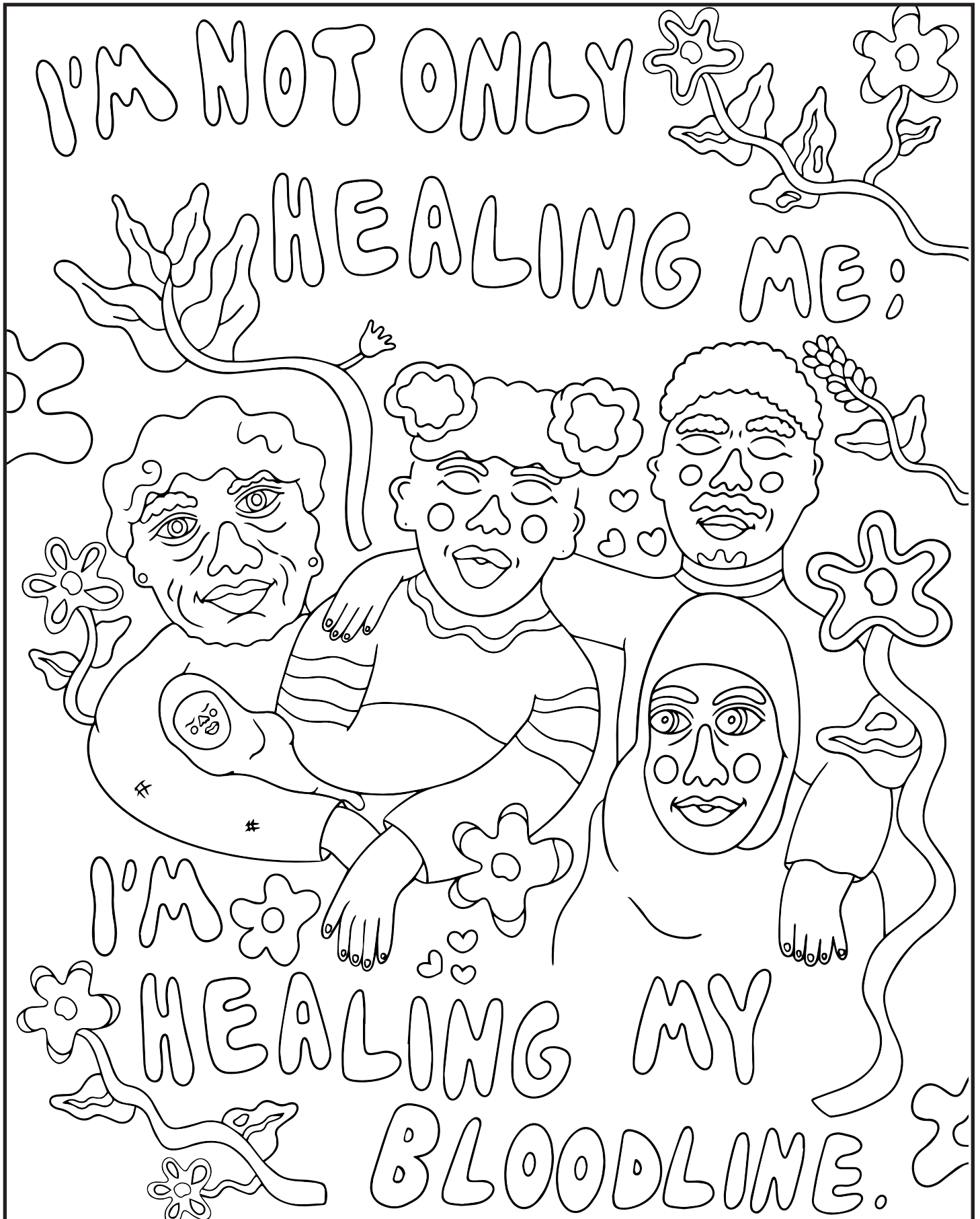


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Even if it makes others uncomfortable, I will love who I am.

— *Janelle Monae*



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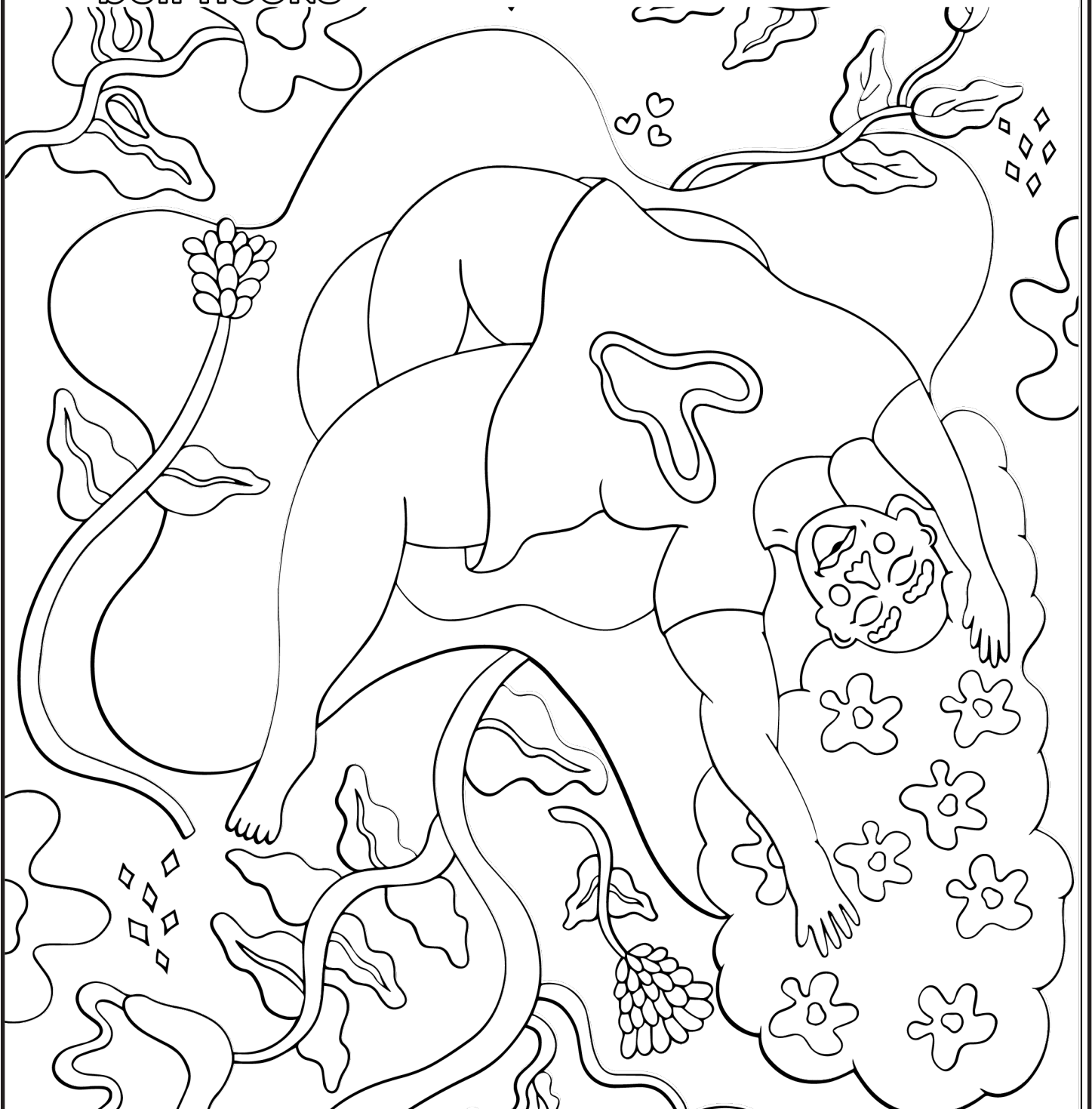
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***When I dare to be powerful - to use
my strength in the service of my
vision, then it becomes less and less
important whether I am afraid.***

— Audre Lorde

“The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others.”

— bell hooks

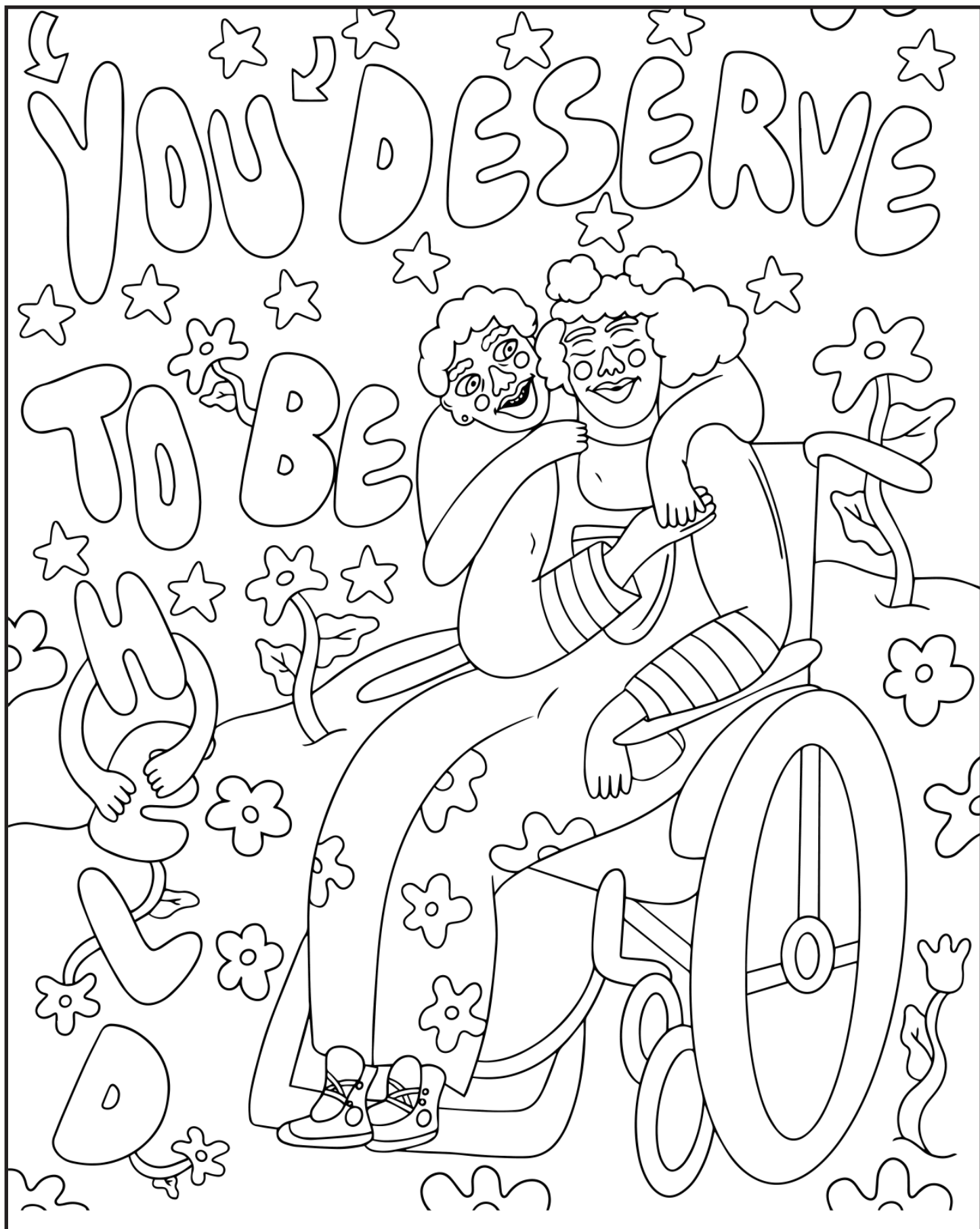


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***It is in collectives that we find
reservoirs of hope and optimism.***

— *Angela Davis*

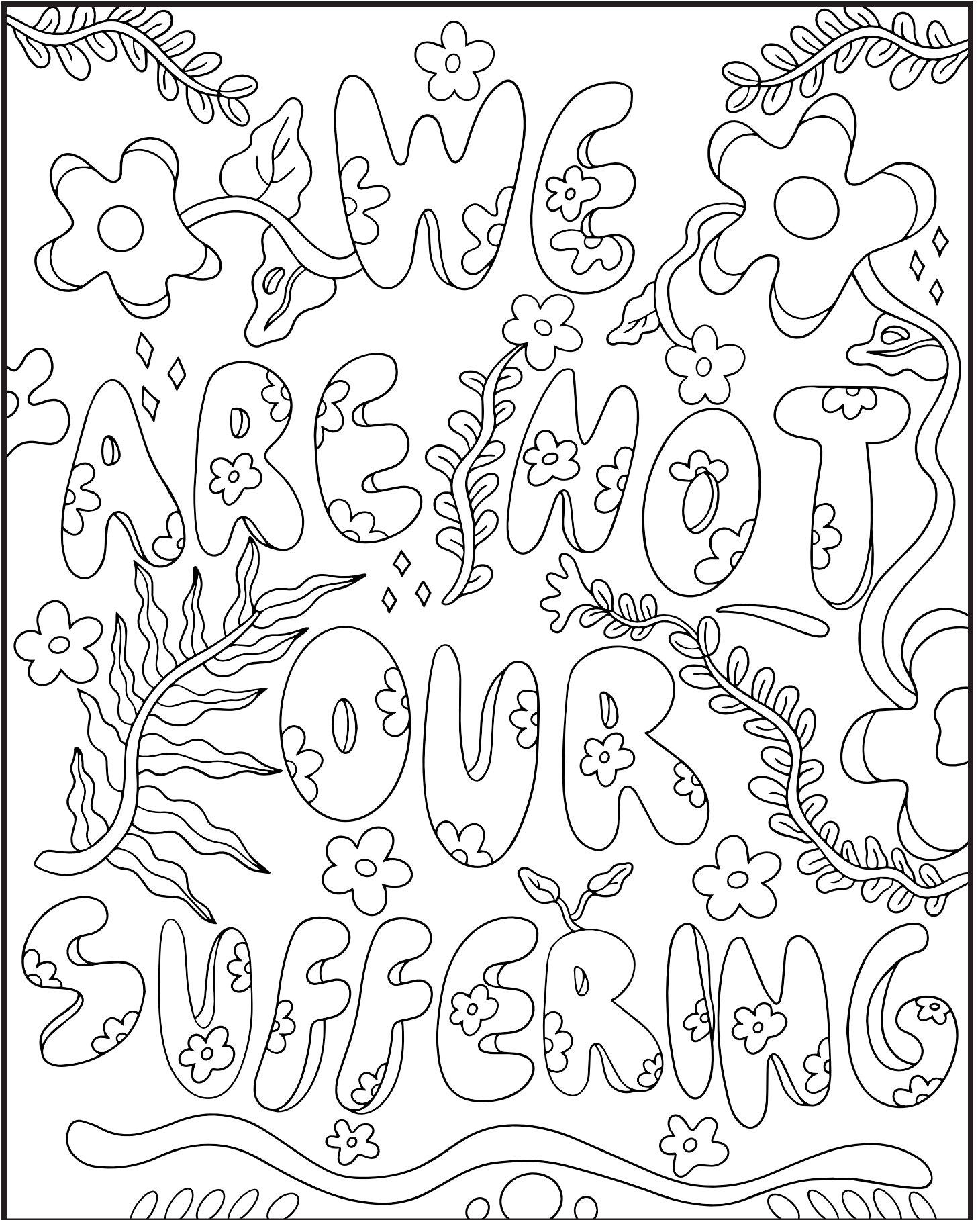


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...joy is an act of resistance.

— *Toi Derricotte*



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My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.

— *Maya Angelou*



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Once we recognize what it is we are feeling, once we recognize we can feel deeply, love deeply, can feel joy, then we will demand that all parts of our lives produce that kind of joy.

— Audre Lorde

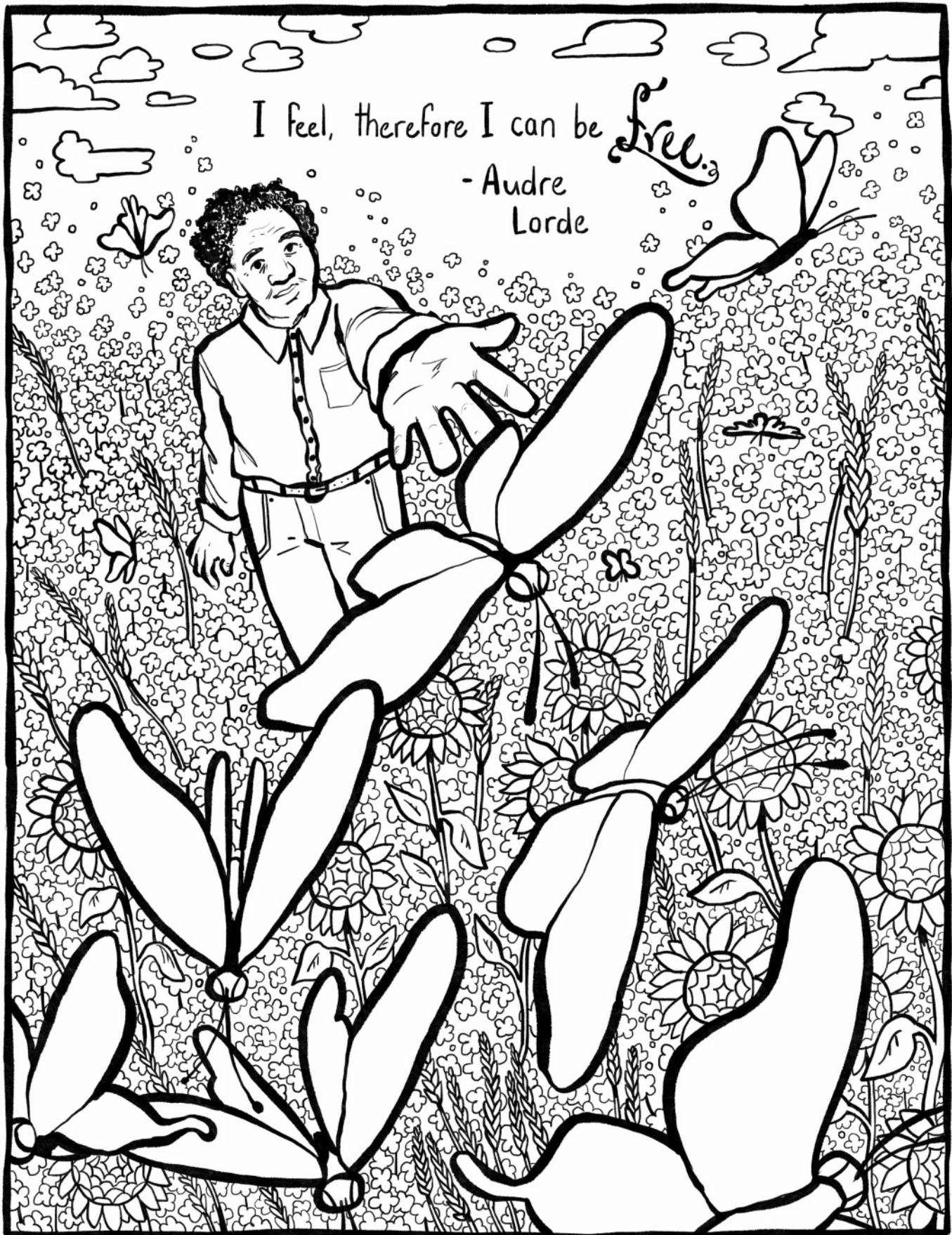


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You are your best thing.

— *Toni Morrison*



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There is no way to repress pleasure and expect liberation, satisfaction, or joy.

— *adrienne maree brown*



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We must always attempt to lift as we climb.

— *Angela Davis*



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If we're gonna heal, let it be glorious.

— Warsan Shire

On this page, we invite you to write a love letter to yourself. Here are some prompts to get you started.

I love you because...

I appreciate you because...

I am proud of you because...

You are unlike anyone else because...

I'm thankful to you because...

What I wish for you is...



#WeHealTogether Artists

KeZna Dalz, also known professionally as **Teenadult**, is a multidisciplinary artist based in Tio'tia:Ke (Montreal). Although she is interested in anything art related her work mostly consists of painting and digital illustration. We recognize her work by the raw features and use of bright colors. The recurring themes addressed in her work are feminism, self love and self care, emotional vulnerability and anti-racism. She sometimes tackles difficult subjects, making them accessible through a pastel and soft universe with naive features. Representation of black people and black culture in her work is considered a priority to her, as she grew up noticing a major lack of it in art and other spheres in general that is still very much present. She wants people to feel seen and loved and aims to spread beauty and empathy through art. She also wishes for her work to make room for conversations and openness and firmly believes art can be a factor of social change and growth.



Ashanti Fortson is an award-winning cartoonist, illustrator, editor, and professor with a deep interest in difficult emotions, quiet moments, and the rifts and connections between human beings. Their work explores transience and reflection through a tenderhearted lens, and a good comic essay will always brighten their day. Ashanti lives in Baltimore with their spouse, their cat Miss Cheese, and at least three pet rats at all times. They're the spider-saving sort. Ashanti's short comic Leaf Lace won the 2021 Ignatz Award for Outstanding Comic and was nominated for Outstanding Artist and Outstanding Online Comic. Ashanti also won a Prism Award as part of the Heartwood: Non-binary Tales of Sylvan Fantasy anthology. Ashanti is currently working on their debut graphic novel, Cress & Petra, from HarperCollins.



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