THE SURVIVOR'S JOURNEY



COLORING PAGES

to help you relax, reflect, and re-imagine

COURAGE & DETERMINATION

As you color, reflect on ways you were courageous and determined to imagine a better life. Write examples in the blank space around the words.



SAFETY & HEALING

As you color, reflect on what brought you safety and healing during your journey. Write examples in the blank space around the words.



RESILIENCE & STRENGTH

As you color, reflect on your unique strengths and what you hope to accomplish in the future. Write examples in the blank space around the words.





The illustrations featured in these coloring pages were created by Manuela Hincapie, while serving as an Americorps Volunteer in Service to America (VISTA).



Nurturing lives harmed by intimate partner abuse.

24-HOUR HOTLINE 800-544-2022