you are not alone
You are not alone — we believe you and want to support you. Sexual violence is a serious problem in our society that affects people of all genders, sexualities, and backgrounds. You belong to a caring community and we stand with you.

Everyone responds differently to trauma. In general, recovery is the ability to live in the present, without being overwhelmed by thoughts and feelings of the past. Be patient with yourself, allowing the time, space, and process you need. Consider being kind, gentle, and supportive to yourself — the relationship we have with ourselves is important to our healing.

We hope this book offers you an outlet to process difficult feelings, or simply to rest for a few moments.

Sexual Violence Support Advocate
ucalgary.ca/sexualviolencesupport
T: 403.220.2208 | E: svsa@ucalgary.ca
you are not alone
things I might do to ground myself

cuddling or playing with a pet
talking to a friend
going for a walk
cuddling or playing with a pet
I believe you
You did nothing wrong
I'll find a safe space to sit down, release my emotions, and bring out my thoughts. I am deserving of support and respect. I want to tell you something that happened to me and I need you to just listen and give me the space to walk away if I need to.
every day has new possibilities

Noticing the positive things that happen today.
creativity holds potential for healing
it's not your fault
restoration can be found in supportive relationships

Finding time for calm and rest.
Holding myself with kindness.
Taking care of my basic needs, as best I can today.
Cultivating supportive social resources.
“Be attentive to what is arising within you, and place that above everything else... What is happening in your innermost self is worthy of your entire love.”

— Rainer Maria Rilke

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