

We are somatic creatures—our bodies hold stories.
Begin with a commitment to self-care.

OUR HEALING IS A JOURNEY.

Shift the focus. ~~What's wrong?~~ → What happened?

PAUSE. BREAK OPEN.

NOTICE.

SUPPORT HER SELF-DETERMINATION.

Meaningfully include women's lived experiences.

WITNESS WITHOUT JUDGEMENT.

MODEL DIGNITY. 

Turn commands into questions or invitations.

USE TRIGGER
WARNINGS.

TRUST WOMEN.

SHE'S NOT DIFFICULT. SHE'S HAD A DIFFICULT LIFE.

CHAMPION RESILIENCE.
BELIEVE IN HEALING.

Language matters.
Put people first.

OFFER CHOICES
BE PRESENT. SAY YES.

THERE IS ALWAYS

A SOURCE OF LIGHT.

#BEYONDCOMPASSION