



Colours of Courage: *Healing Through Art*

A Colouring Book for Survivors of Gender-Based Violence



YWCA NWT created this colouring book to amplify voices across the Northwest Territories who responded to the question: What does healing mean to you?

Thank you to the artists whose contributions make up this book. We are grateful to you for bravely sharing your vision with others. This project would not have been possible without you.

YWCA NWT is an organization that has been dedicated to women, girls, and families across the North since 1966. We stand with everyone who has experienced gender-based violence, including sexual violence and intimate partner violence.

Violence has no place in our relationships, our homes, or our communities. Listen with kindness and compassion if someone discloses their experience to you. Speak up if you witness misogyny, racism, or bigotry of any kind.

Together, we can end gender-based violence.

Mársı, kinanāskomitin, thank you, merci, ḥaj', quana, ᑭᓄᓂᓐᓇᓂᓐ, quyanainni, máhsı, mahsi!



1-867-920-2777



advocacy@ywcanwt.ca



Main Offices: 5011 54th St. | Yellowknife, NT
Mailing Address: PO Box 1679, Yellowknife, NT | X1A 2P3



We dedicate this book to everyone who is on their healing journey. As you colour these pages we hope you will feel a sense of comfort and peace.

*We hear you. We believe you.
We care about you.*

Are you experiencing violence and need help or support?

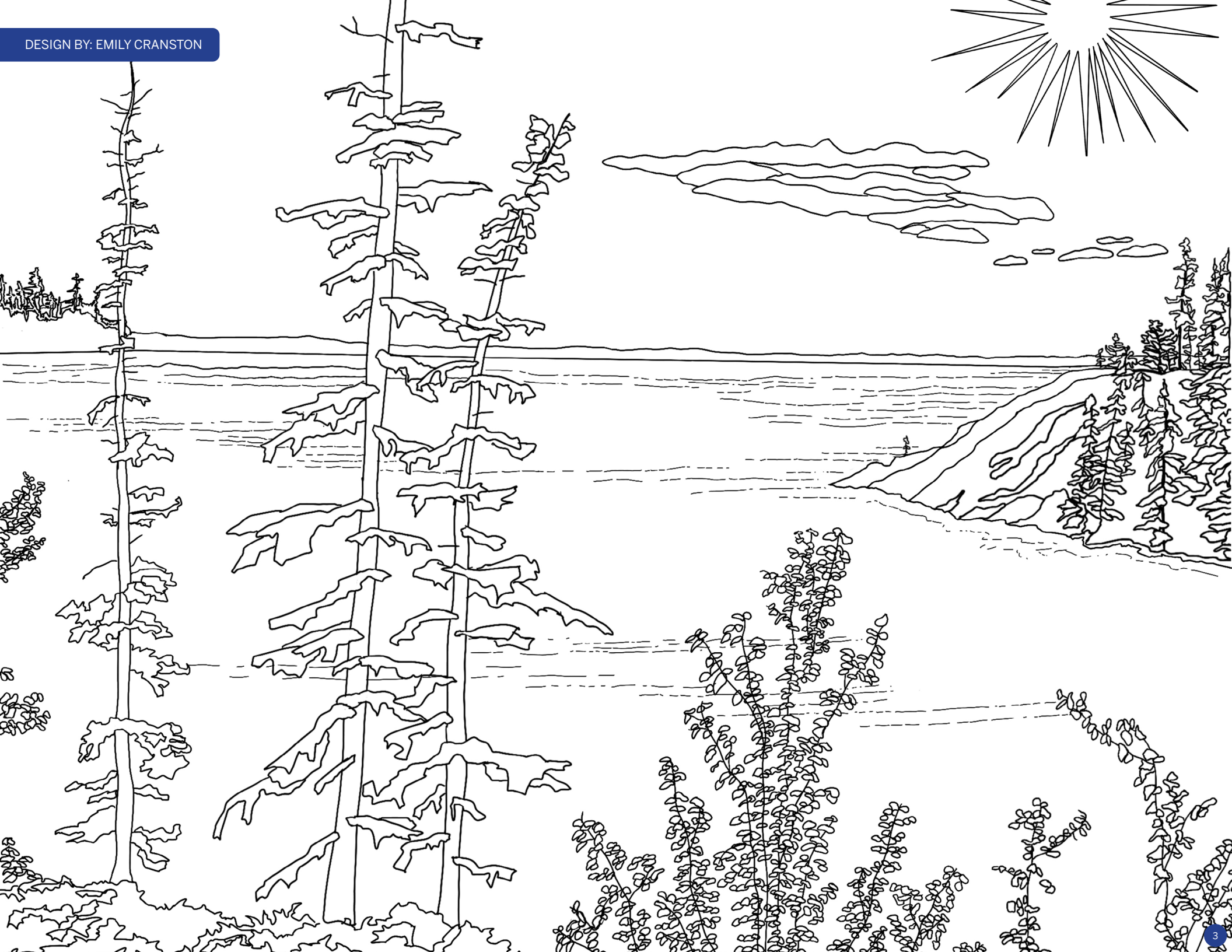
Call YWCA NWT's 24/7 family violence crisis line to speak to someone.

 Yellowknife: 1-867-873-8257 Toll-free: 1-866-223-7775

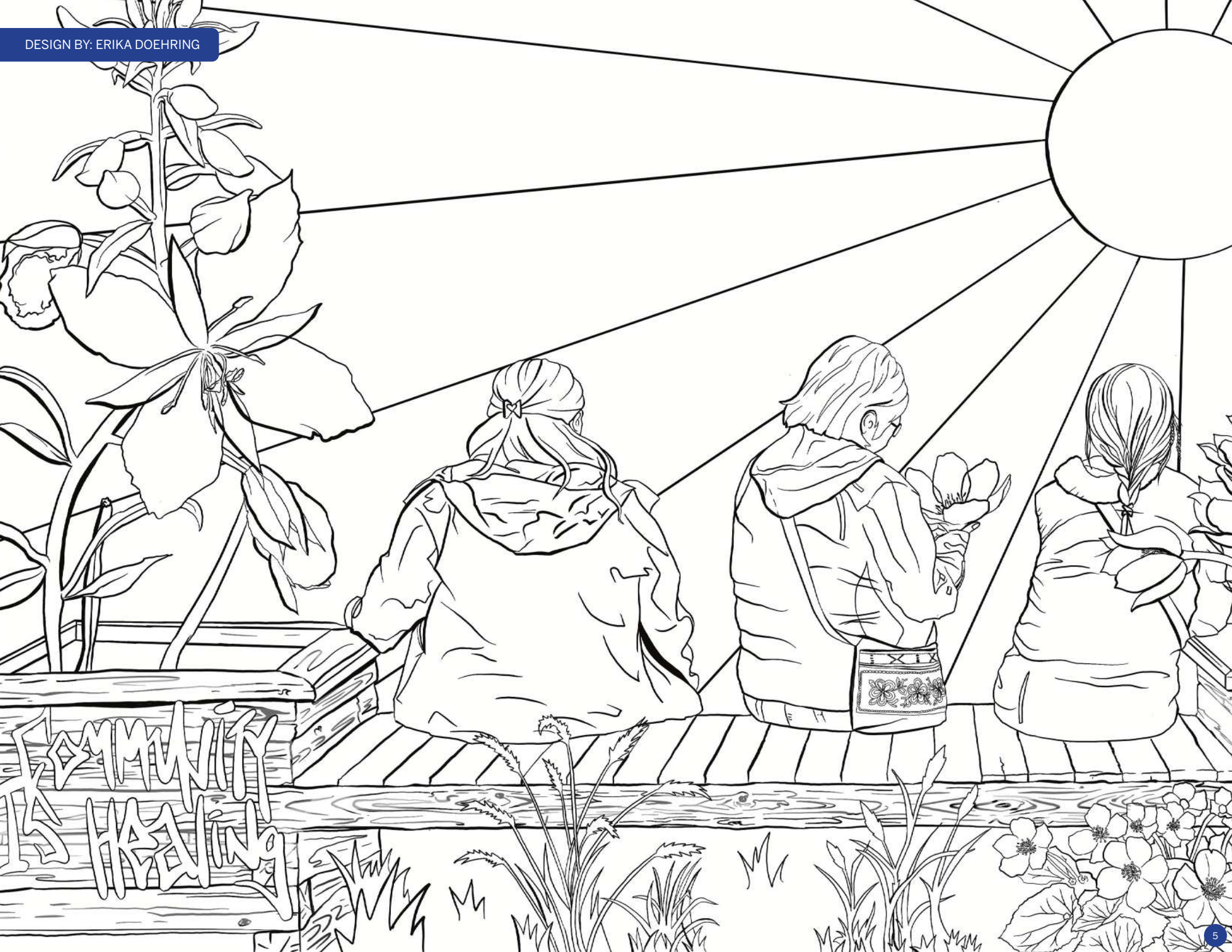
If you have experienced family violence and/or sexual violence and would like to explore your legal options, YWCA NWT may be able to help. Reach out to our Independent Legal Advice & Representation program to learn more.

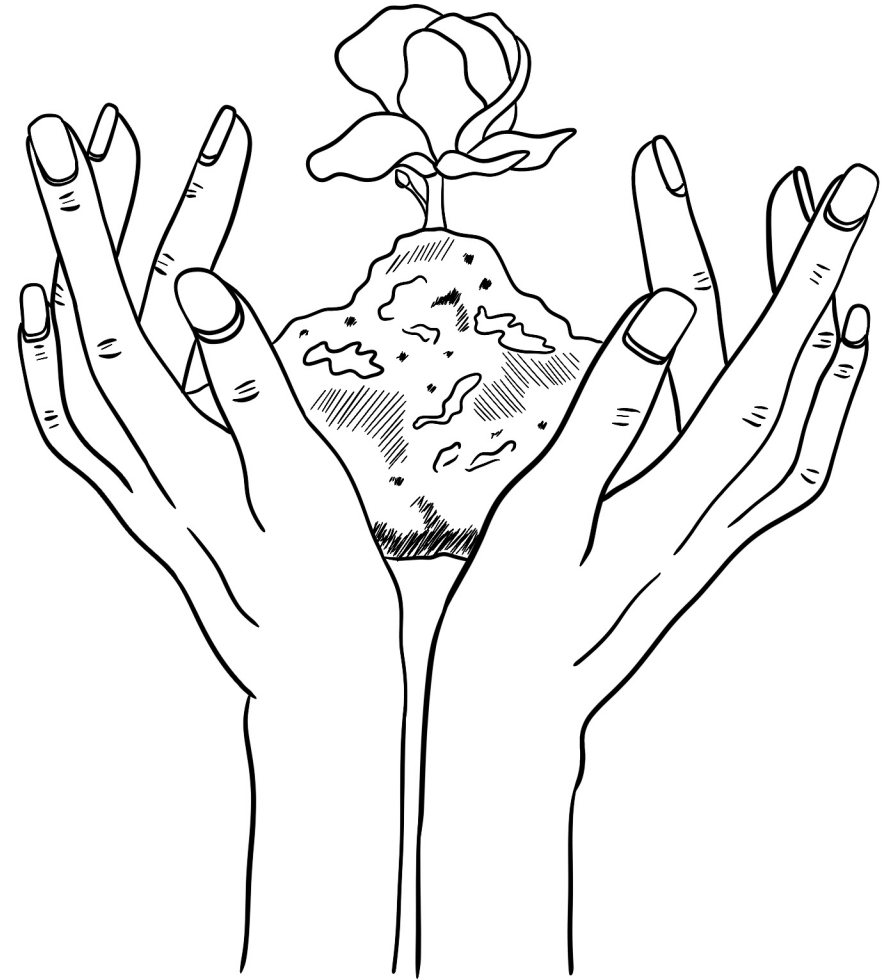
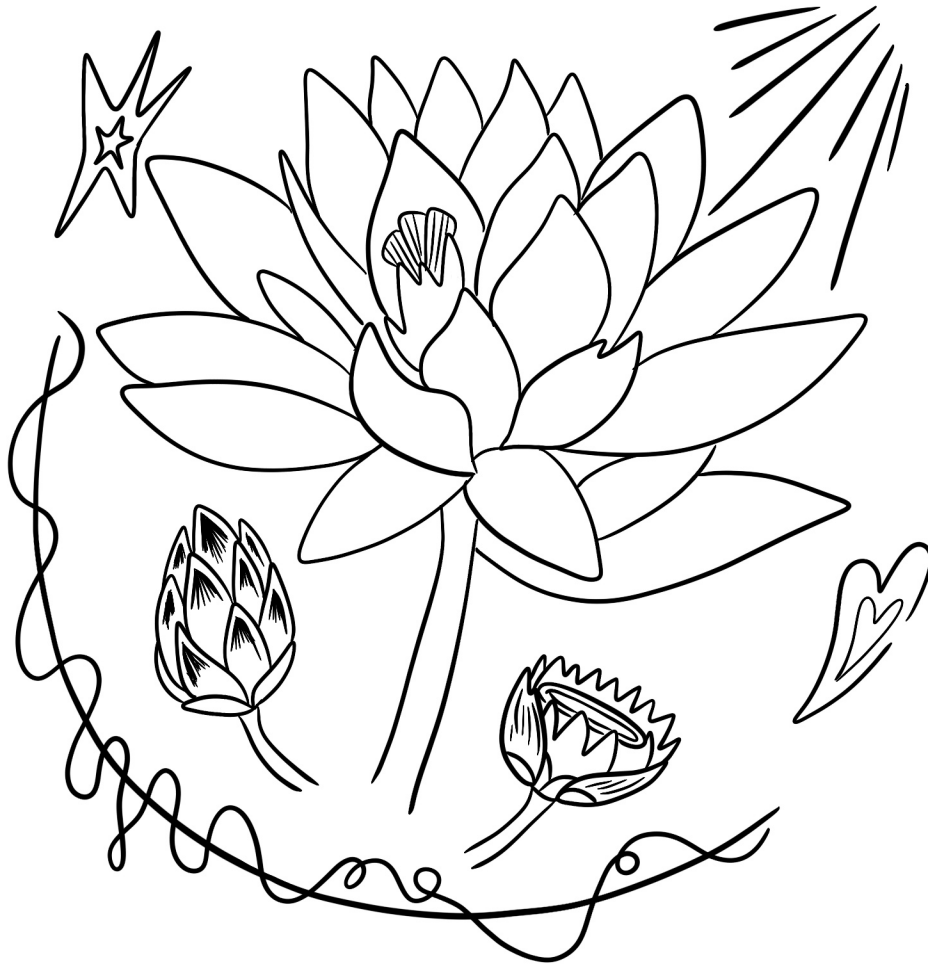
 Phone: 1-867-765-8670  Email: ilar@ywcanwt.ca



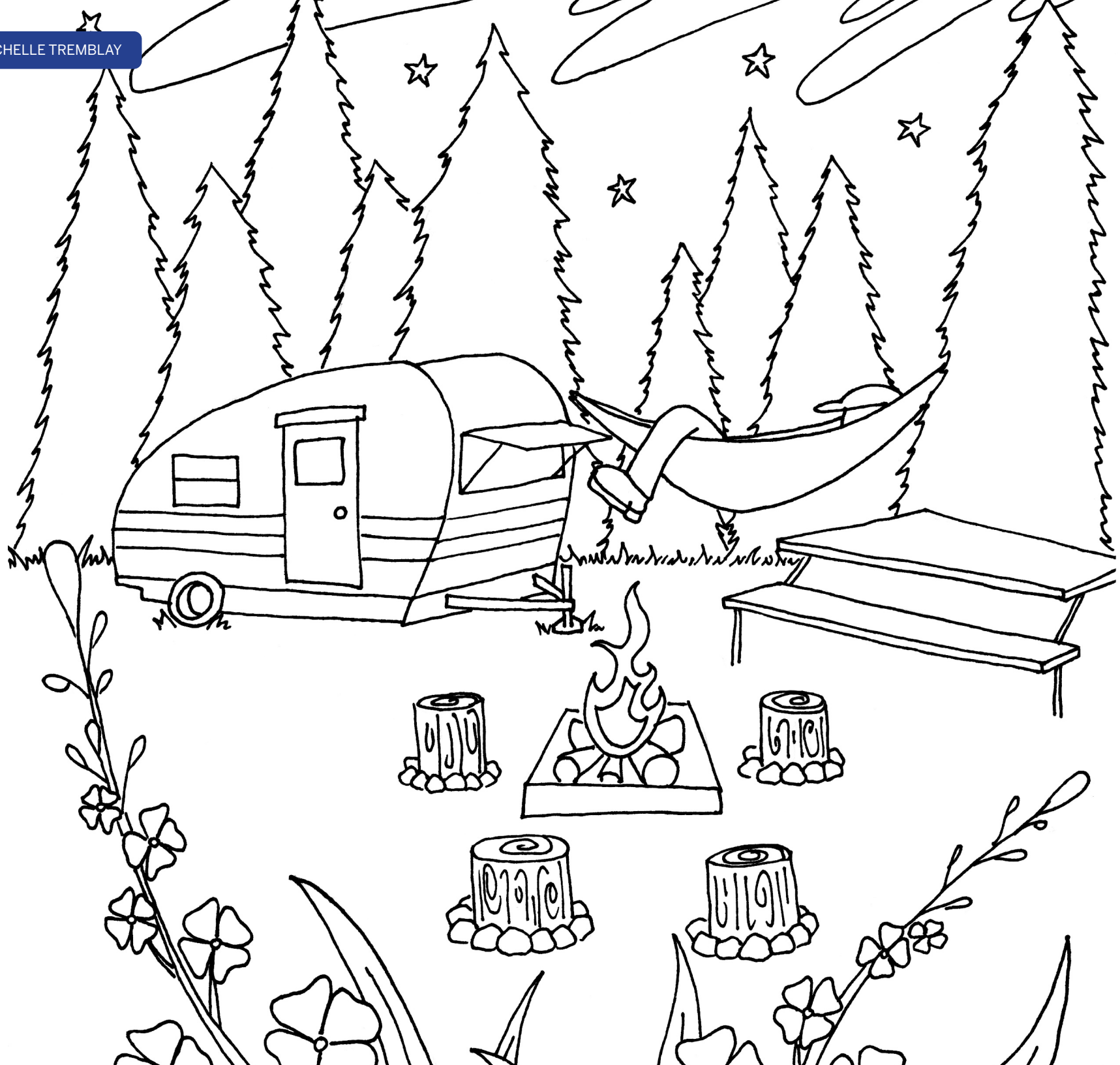








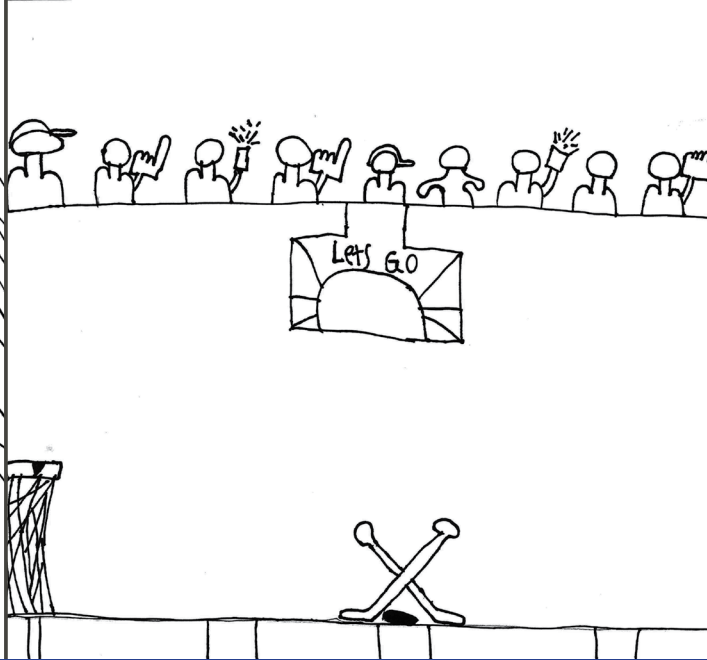
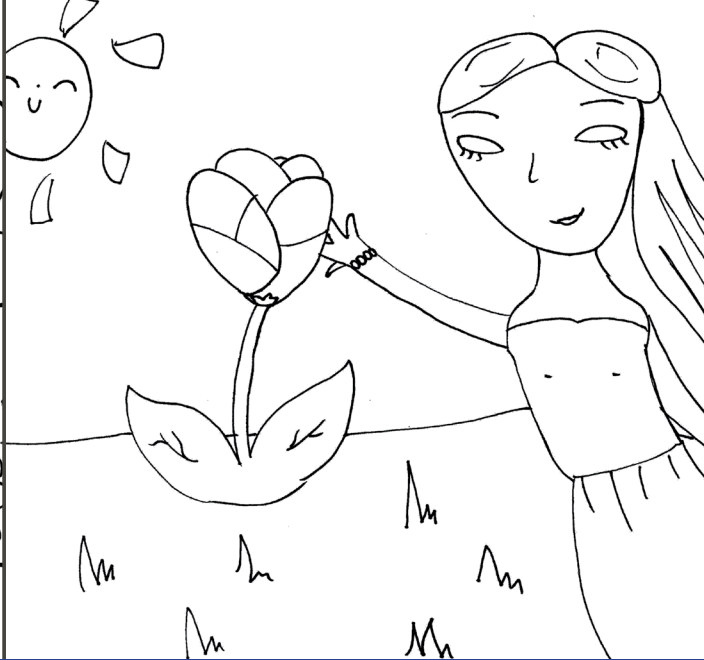
Healing looks different on
everyone



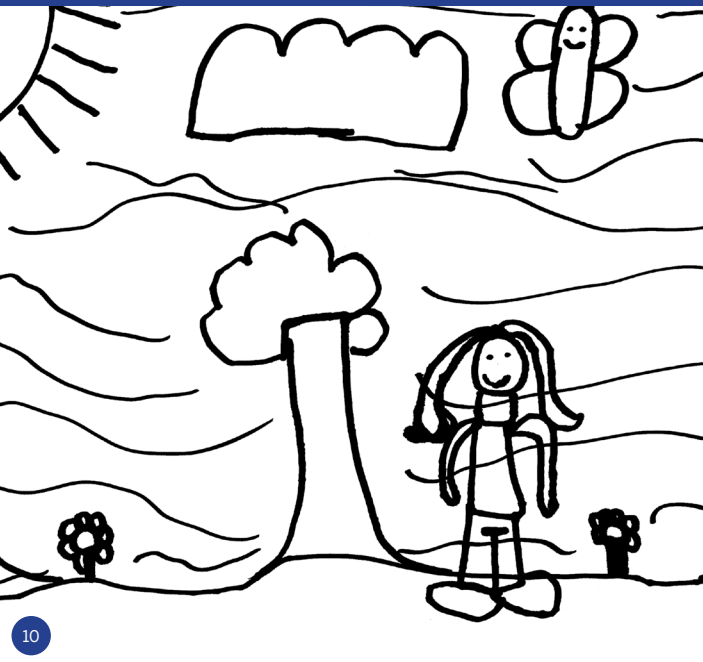


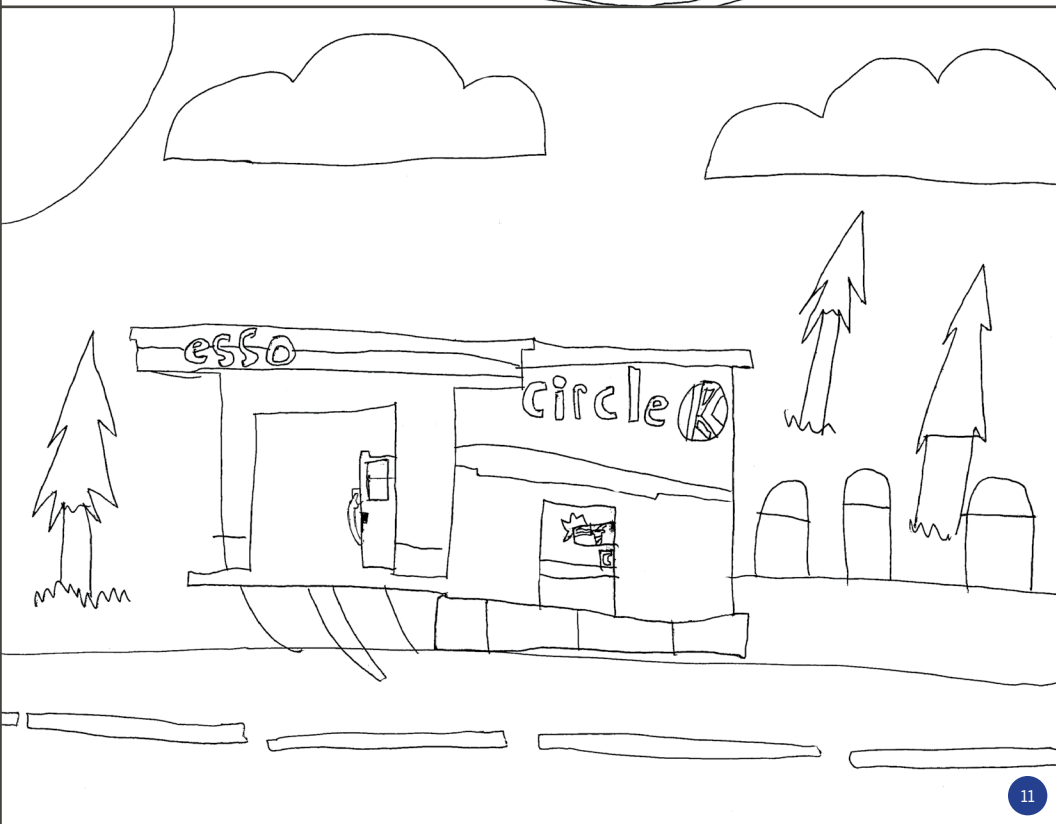
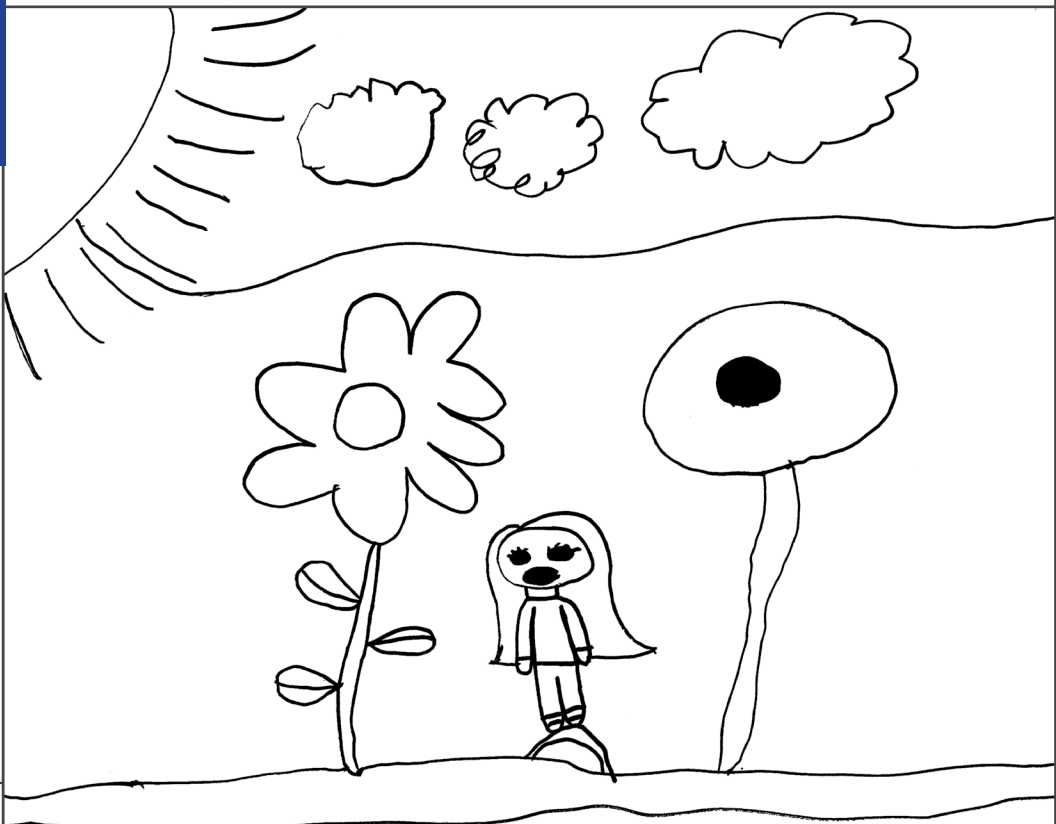
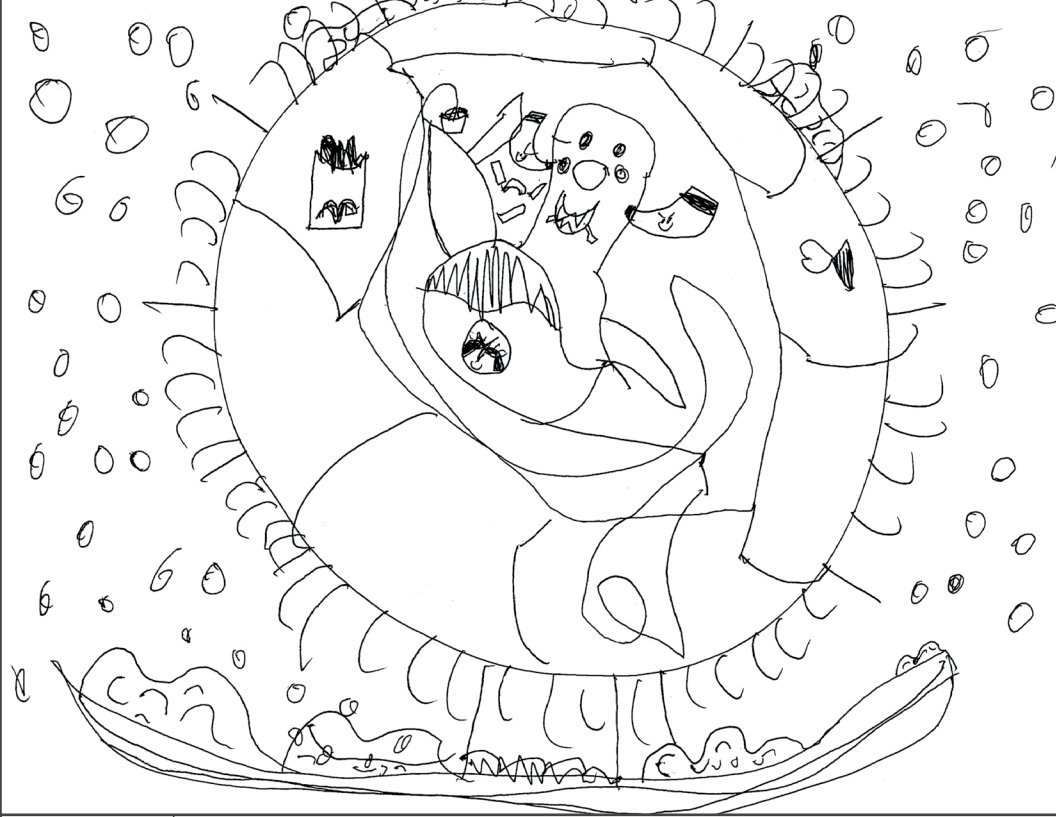
Growth is little by little,
be patient and
Keep watering.





DESIGNS BY:
 Rachelle Mercredi's Grade 2 Class (NJ Macpherson)















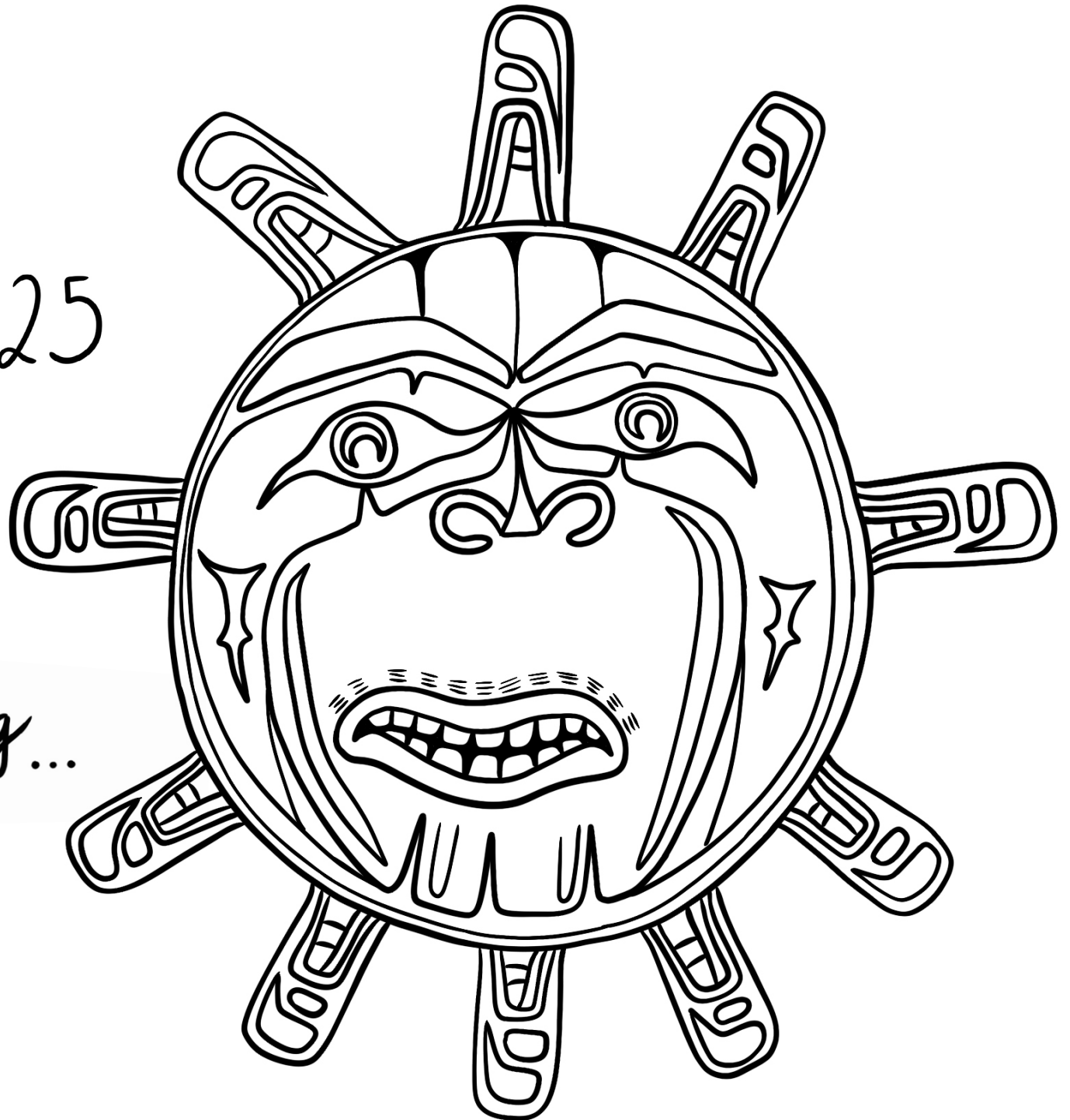


Rest,
Rewire,
Recover -

You're
Healing

1974 - 2025

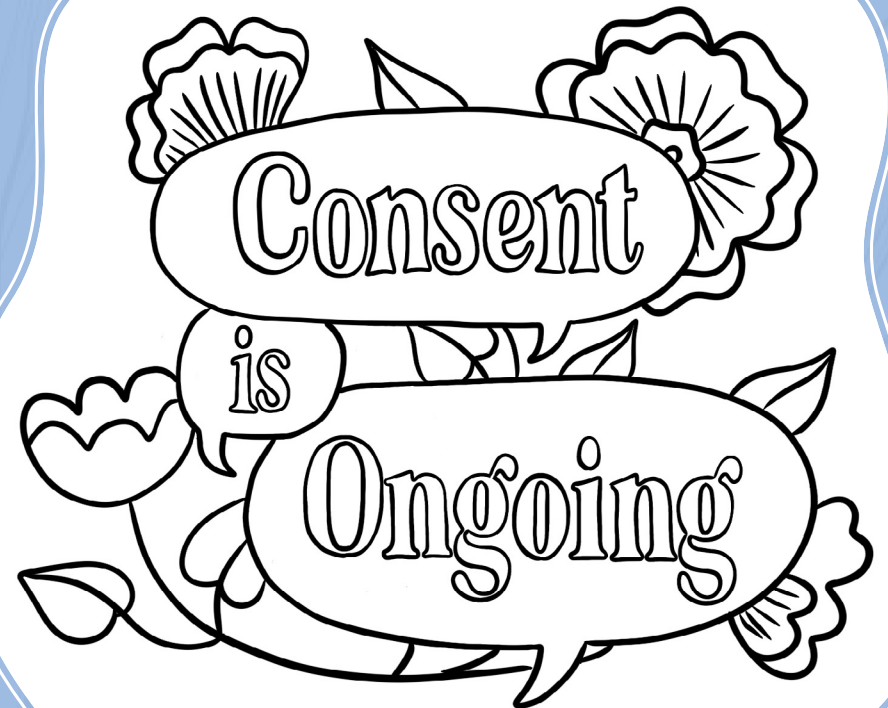
A new hope,
is always a
New beginning...





There is a light within you!!

Things to remember...



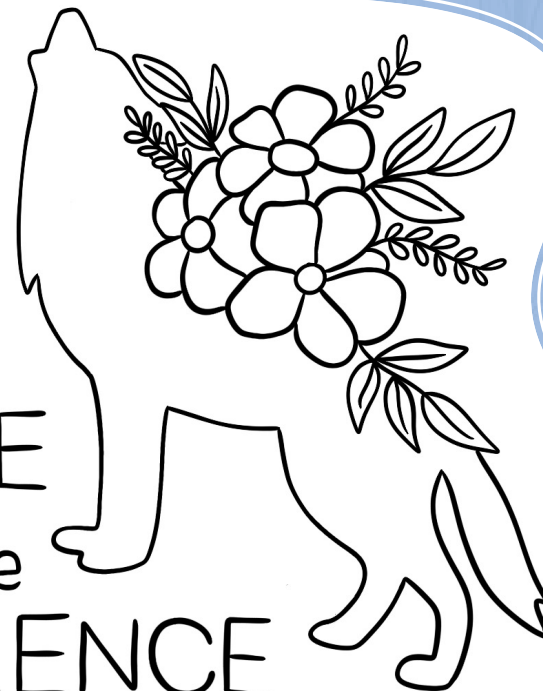
WE *Believe* YOU

Love
doesn't
hurt



Break the
SILENCE

Stop the
VIOLENCE



HEALING

ISN'T

LINEAR





1-867-920-2777



advocacy@ywcanwt.ca



Main Offices: 5011 54th St. | Yellowknife, NT
Mailing Address: PO Box 1679, Yellowknife, NT | X1A 2P3

YWCA NWT respectfully acknowledges that our main office and many of our programs are situated on Chief Drygeese Territory, the traditional territories of the Yellowknives Dene First Nation and the North Slave Métis. Yellowknife is covered by both Treaty 8 and Treaty 11; we are deeply grateful to work on treaty land in community with each other. We continue to learn from all the First Nations, Inuit, and Métis people who call the North home and remain committed to Reconciliation, both within our organization and our community.

A Colouring Book for Survivors of Gender-Based Violence

