


The background features a stylized sun in the top left corner with a yellow face and radiating lines. Below the sun are light pink, rounded mountain shapes. At the bottom, there are dark green, rounded mountain shapes with black outlines. The overall style is colorful and hand-drawn.

WORDS OF

COURAGE & RESILIENCE

a zine created FOR
SURVIVORS by a
survivor



This zine has been created to provide survivors of UCR with messages of empowerment, self-care, healing, and support. We hope the distribution of this zine will contribute towards a cultural shift that moves beyond surviving towards a place of healing, thriving, self-love, and acceptance.

Dedicated to a community of powerful, resilient, courageous souls who find themselves healing or in need of healing; may you continue to be strong, powerful, and capable.

*everyone heals in their own time
and in their own way. the path isn't
always a straight line, and you
don't need to go it alone.*

- zeke thomas



I SEE YOUR PAIN
but I also see your
RESILIENCE

SURVIVOR,

I am with you always. You are stronger than you can even fathom. So even in the darkest moments, just know that there will be a light that emanates from deep within your heart, and that light is called compassion.

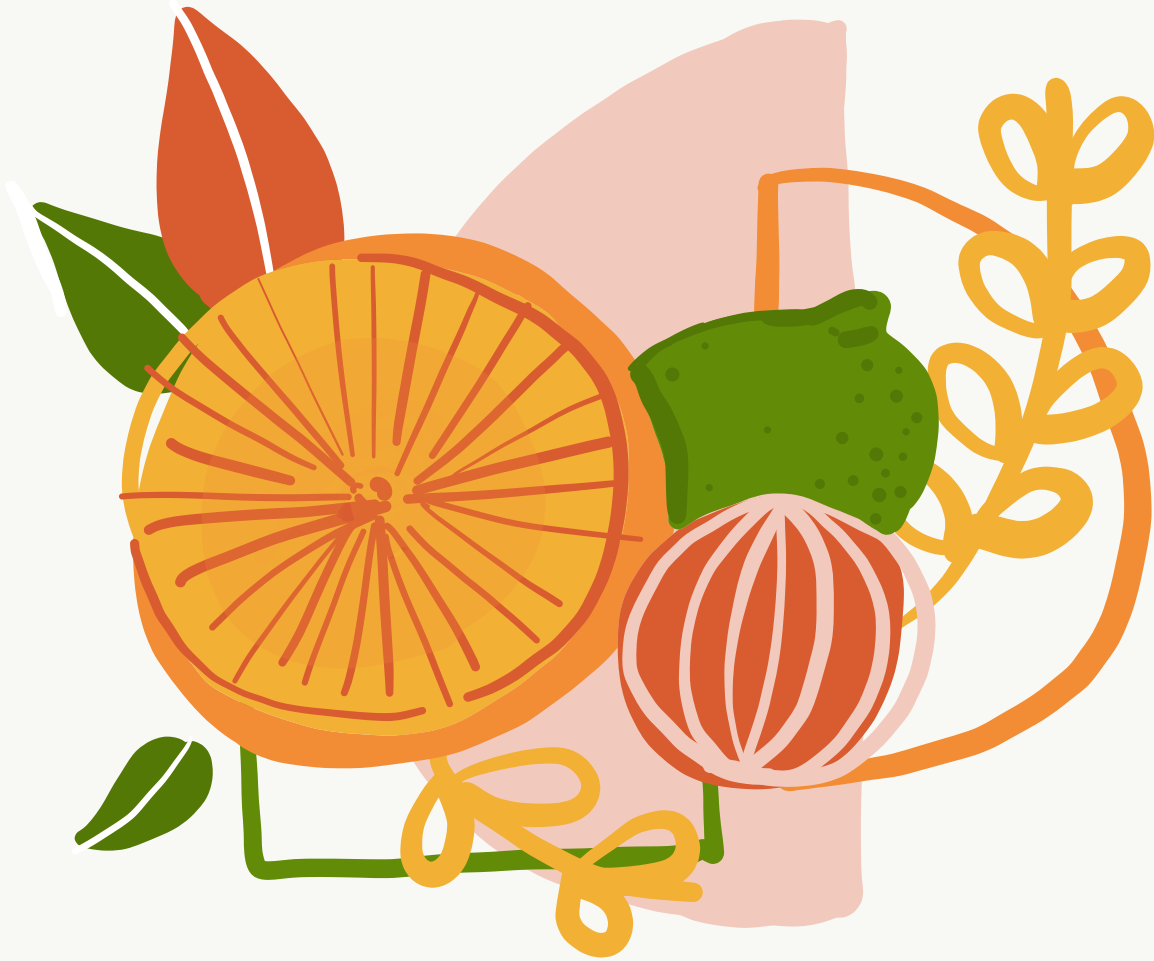
You are a super-hero and I am proud to know you.

*TANI IKEDA,
#survivorloveletter*



This body is resilient.
It can endure all kinds of things.
My body offers me
the power of presence.

My body is powerful.



Roxane Gay,
from the book **Hunger**

yasmin monet watkins

from DEAR YOU

DEAR
YOU

I know you have survived so much. Thank you for being here, the world would not be the same without you in it.

#survivorloveletter

I know I don't say this enough; I love you. I'm here for you, you are enough.

#survivorloveletter

So, don't be afraid to embrace the Inner war cry, howling free from the belly of your diaphragm. Remember the power of the wind lying dormant under your tongue and SPEAK.

You almost forgot who you were,

Shout against the silence to the tune of insanity.

You are the answer you've been waiting for,

You are tidal waves of wisdom crashing wildly against the shore

You are worth more and this life is a gift worth living so give it justice.

Speak freely to your truth, open your mouth wide, heart held high like lion and

Roar.

from NOTE TO SELF

yasmin monet watkins

This project was inspired by filmmaker and activist Tani Ikeda's #survivorloveletter movement, which welcomes letters of self love and honor to survivors of sexual assault. To Tani - thank you for showing us survivors we are not alone and we are worthy of all of the love in the world.

CAMPUS RESOURCES TO KEEP YOURSELF SAFE & STRONG

Campus Advocacy, Resources, & Education

(951) 827-6225 | advocate@ucr.edu
care.ucr.edu

Case Management

(951) 827-5000 | casemanager@ucr.edu
deanofstudents.ucr.edu | 125 Costo Hall

Counseling and Psychological Services

(951) 827-5531 | counseling.ucr.edu
(Counselors available by phone 24/7.)

Women's Resource Center

(951) 827-3337 | wrc@ucr.edu
wrc.ucr.edu | 260 Costo Hall

LGBT Resource Center

(951) 827-2267 | out@ucr.edu
out.ucr.edu | 245 Costo Hall

The Well

(951) 827-9355 | thewell@ucr.edu
well.ucr.edu | HUB 248

Faculty & Staff Assistance Program

(951) 781-0510 or (800) 266-0510 |
hr.ucr.edu/employee/fsap |
eap@pro-resources.org

OFF CAMPUS RESOURCES

The Riverside Area Rape Crisis Center (RARCC)

24/7 Hotline: (951) 686-RAPE (7273) or
(866) 686-7273 (toll-free)
infor@rarcc.org | rarcc.org

Offers free, confidential services to survivors, their friends and families, and professionals ages 12 or older, including counseling and medical accompaniment.

Alternatives to Domestic Violence (ADV)

24/7 Hotline: (951) 683-0829 in Riverside
or
(800) 339-SAFE (7233) country wide
info@alternativestodv.org |
alternativestodv.org

Offers services including a 24-hour crisis line, emergency and transitional housing, outreach services to victims of domestic violence, individual and group counseling, and child and teen counseling.

Artwork by Caylin Yorba-Ruiz, student -
[@caylin.perry](https://twitter.com/caylin.perry)

**EMPOWERMENT
& HEALING | series**





just like moons and suns,
with the certainty of tides,
just like hopes springing high,

still I rise.

maya angelou