



**MIWSAC**

Minnesota Indian Women's  
Sexual Assault Coalition

# Healing In Color

**ADULT COLORING BOOK**

**an offering of the  
National Tribal Sexual Assault Resource Center**



The production of this material was made possible by HHS-2022-ACF-ACYF-VE-0165 from the Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of the Minnesota Indian Women's Sexual Assault Coalition and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families.



# The National Tribal Sexual Assault Resource Center

The National Tribal Sexual Assault Resource Center is dedicated to supporting the mental, spiritual, physical, and emotional wellness of our relatives working to end sexual violence and support survivors of sexual violence. We are honored to provide you with resources to enhance your response to sexual violence. Our work centers the traditional values and lifeways of our relatives.

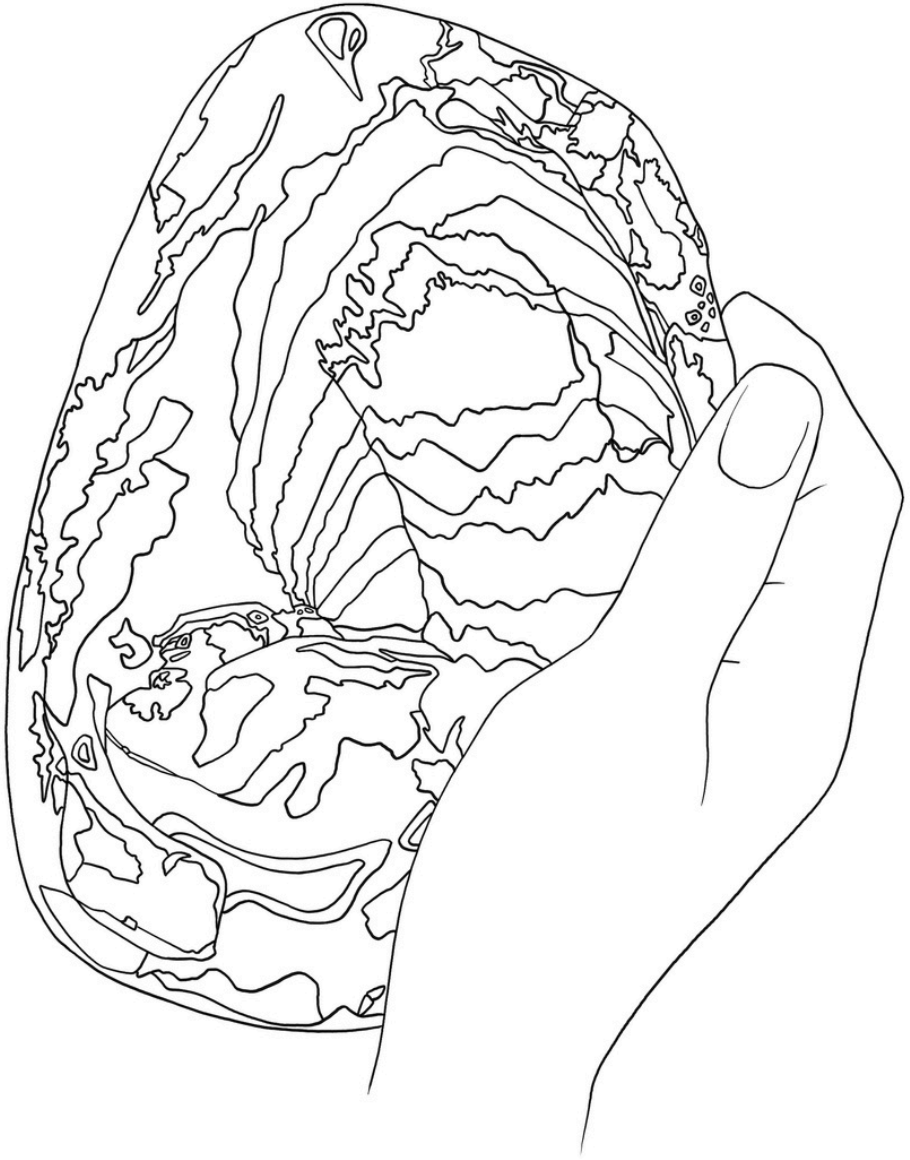
## How can this coloring book support me?

Coloring uses our hands in a meditative way, similar to our traditional handicrafts and practices of harvesting and processing our foods and medicines. Coloring is a practice that is not focused on an outcome or a success; rather, coloring allows us to enjoy the process of exploring and expressing ourselves.

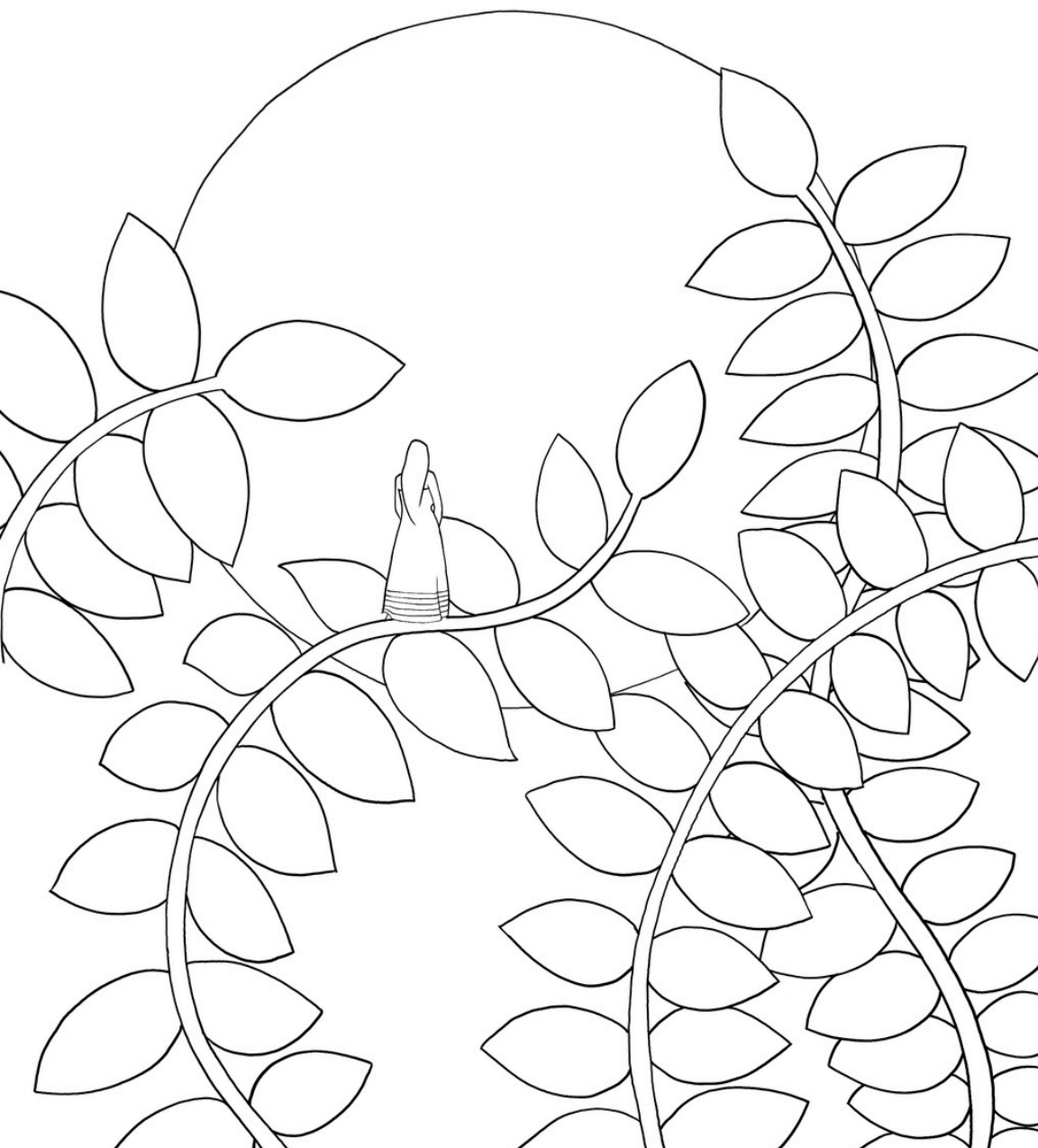
## How can I use this coloring book?

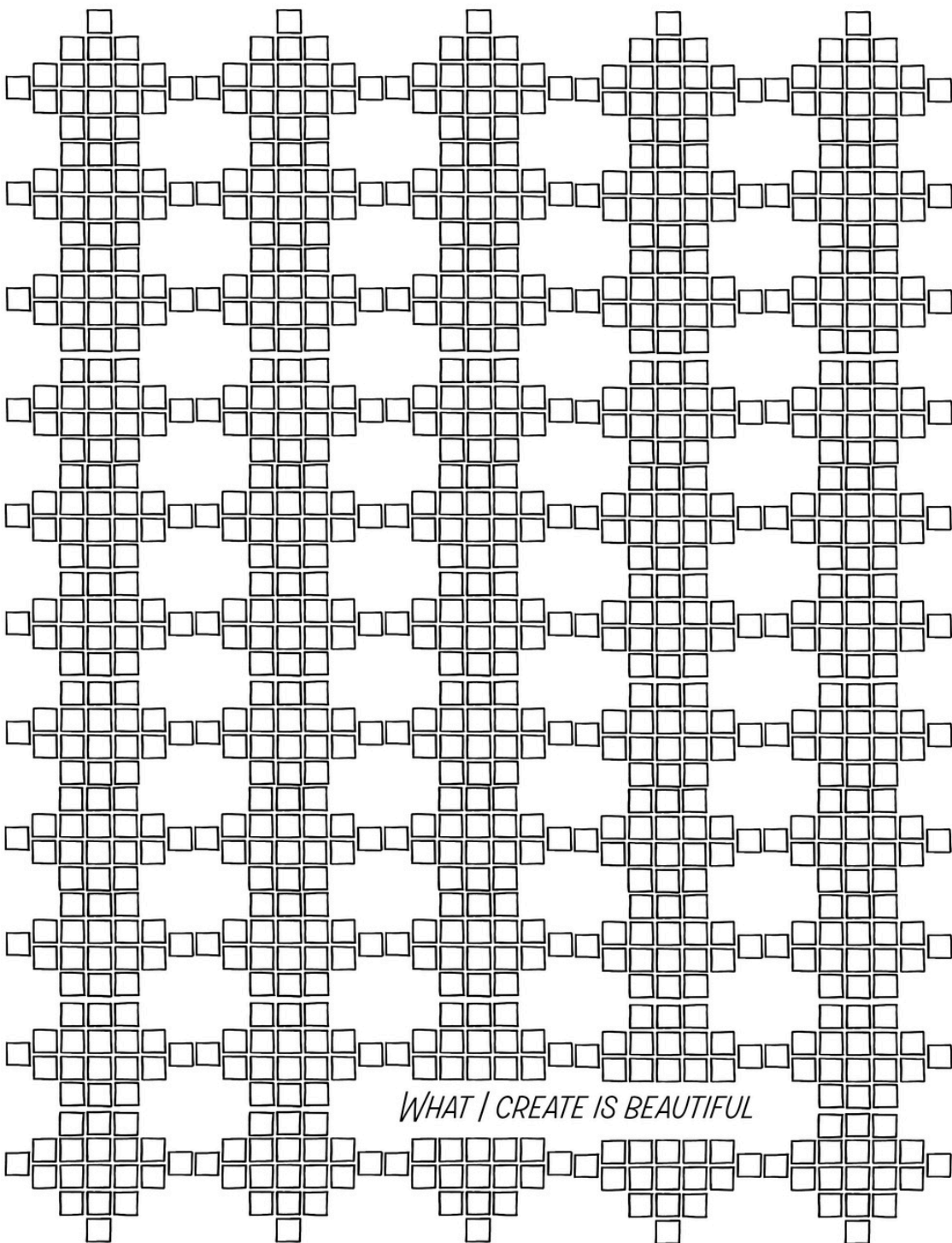
We invite you to enjoy the artwork, consider the words, and integrate this coloring book into your everyday life. We invite you to access this coloring book as part of your intentional shift from crisis to wellness in the work we are all doing to end sexual violence within our communities and against our relatives.

*I am a divine reflection of all creation*



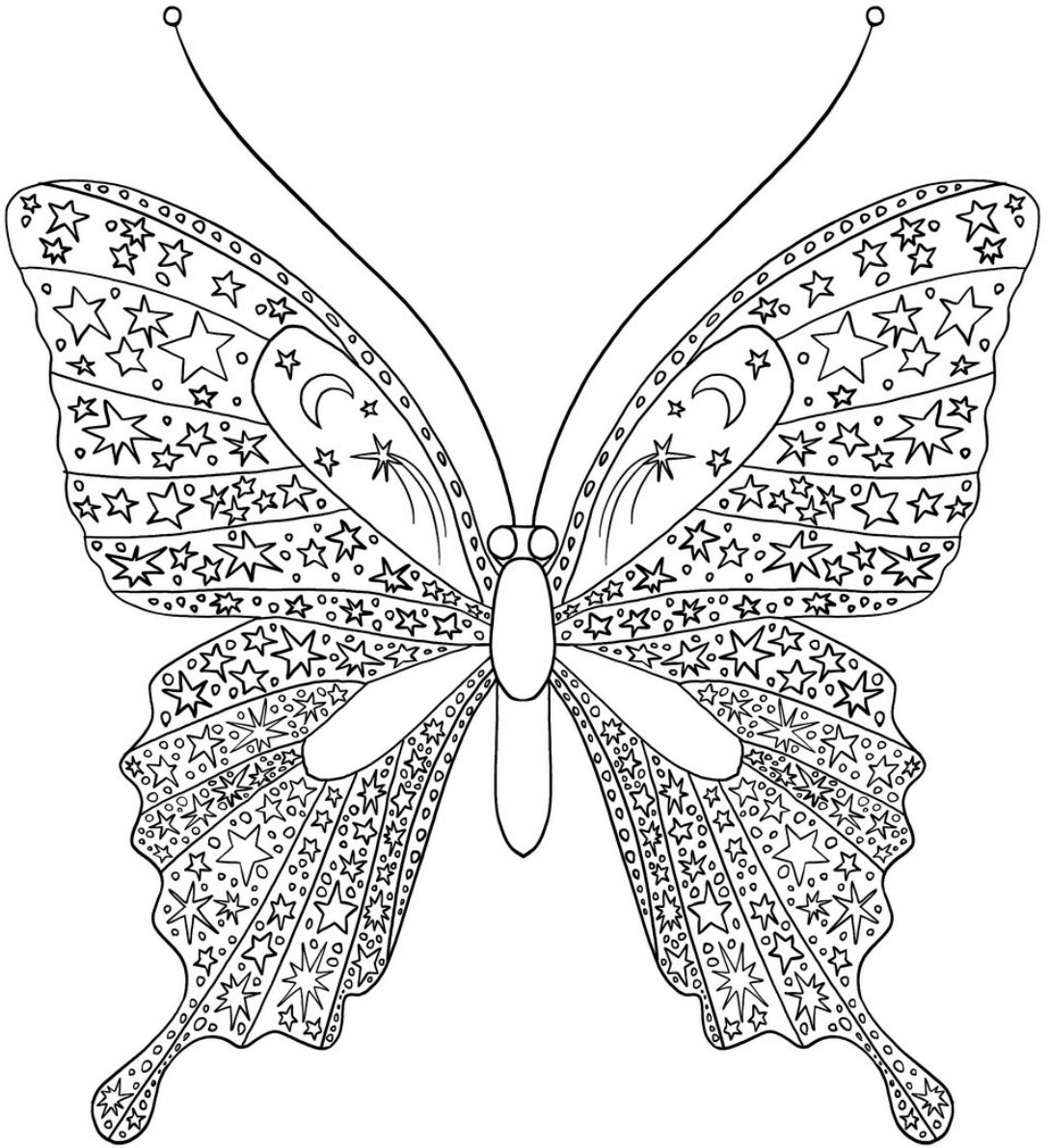
*I am not separate from nature*





*WHAT / CREATE IS BEAUTIFUL*



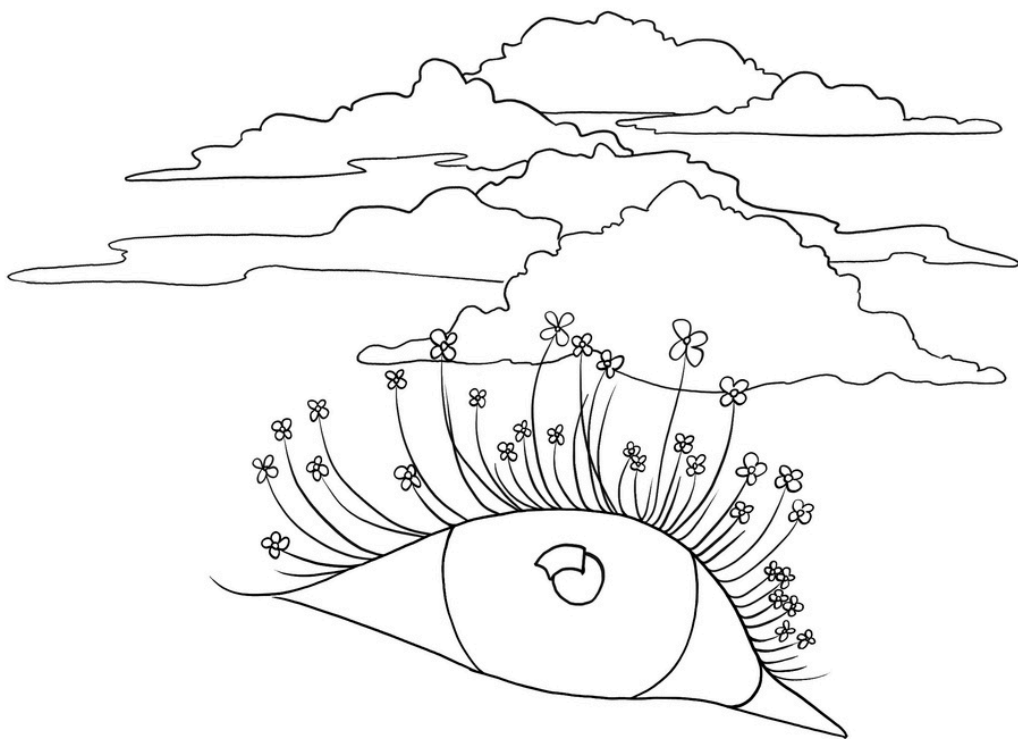


*Growing is changing is growing*

*/ am free to rest*



*My vision is clear*





*I am safe in my body*



*We flourish when we come together*

