

# VOICES of HOPE



A Mindfulness Coloring Book  
by Survivors for Survivors

# VOICES of HOPE

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**T**he journey towards safety and healing is different for everyone but most of us have faced many challenges along the way. Whether overwhelming feelings, racing thoughts, extreme exhaustion or just countless hours waiting, being full of confusion and fear, we have been there. Many of us found the simple act of coloring to be grounding, distracting, calming. Sometimes we don't want to talk, we don't want to do and we can't sit still. Color can bring us beauty, making something can bring us stillness.

**W**e, more than anything, want those who see these pages to know that they are not alone. We want you to know that there is hope and healing. You are seen. You are heard. Let our VOICES come to you in pictures and bring you strength on your journey. We hope that as you fill in these pages you see survivors, who have been exactly where you are at this moment, celebrating their survival. May you find HOPE on your journey knowing we are walking with you.

*With great hope,*

National VOICES Committee

**E**l viaje hacia la seguridad y la sanación es diferente para tod@s. Pero la mayoría de nosotr@s hemos enfrentado muchos desafíos en el camino. Ya sean sentimientos abrumadores, ansiedad, agotamiento extremo o simplemente incontables horas de espera, llenas de confusión y miedo, hemos estado allí. Para much@s de nosotr@s, el simple acto de colorear nos distrae, y calma. A veces no queremos hablar, no queremos hacer nada y no podemos quedarnos quiet@s. El colorear puede traernos belleza, el hacer algo puede traernos tranquilidad.

**M**ás que nada, nosotr@s queremos que quienes vean estas páginas sepan que no están sol@s. Queremos que sepan que hay esperanza y sanación. Usted es vist@. Usted es escuchad@. Deje que imágenes de nuestras VOCES le lleguen a usted y le den fuerza en su jornada. Esperamos que a medida que coloree estas páginas vea sobrevivientes, que han estado exactamente donde se encuentra usted en este momento, celebrando su sobrevivir. Que encuentres ESPERANZA en tu jornada sabiendo que caminamos contigo.

*Con gran esperanza,*

Comité Nacional de VOICES



## Introduction

**T**he vision for the VOICES Coloring Book was sparked in early 2019, when the National VOICES Survivor Advocacy Network felt a nudge to create a gift for survivors in crisis. As the National VOICES Chapter brainstormed ideas of what to create, they reflected on their own journeys towards healing. Many VOICES members spoke of the power of art in helping them practice gratitude and find comfort amidst uncertain circumstances, and from this conversation, the National Chapter decided to create an avenue for survivors in crisis to ground themselves through art and the rhythms of coloring.

**F**rom this foundational conversation, the vision grew to include an invitation to VOICES members all across the country, asking for original, hand drawn coloring pages that reflect their own journeys of healing and what hope has meant to them. Many VOICES members identified a key element to their own healing: the realization that they were not walking the journey alone. Together, they wanted to communicate their solidarity with survivors by sharing the message that “you are never alone.”

**T**he visionaries and artists behind this coloring book are giving this compilation of pages to survivors around the world as a steady reminder that there are pathways towards hope and healing. There is a bright future ahead and we can all get there by believing in ourselves, each other, and our dreams.

**E**ven the smallest of goals can begin to increase hope in our lives and move us towards healing. Starting with an achievable goal - such as finishing a coloring page - can give us the confidence we need to move forward in our lives and begin to dream BIG once again. The National VOICES Survivor Advocacy Network has provided a pathway by creating the outlines on each of these pages, and survivors can start taking their control back by determining which colors they want to use to decorate each page. As each of these coloring pages comes alive with color, the National VOICES Survivor Advocacy Network is celebrating that survivors are adding life and color to the beautiful pictures that other survivors began.



## Introducción

**L**a visión para este libro de colorear surgió a principios de 2019, cuando la Red Nacional de VOICES tuvo la idea de crear un regalo para sobrevivientes en crisis. L@s miembr@s de la Red Nacional de VOICES reflexionaron sobre sus propias jornadas hacia la sanación. Much@s miembr@s de VOICES discutieron del poder del arte para ayudarl@s a practicar la gratitud y encontrar consuelo durante circunstancias inciertas, y a partir de esta conversación, la Red Nacional decidió crear una herramienta para ayudar a l@s sobrevivientes en crisis a encontrar paz a través de la creatividad.

**A** partir de esa primera conversación, la visión creció y se decidió habrir una invitación a l@s miembr@s de VOICES de todo el país, pidiendo dibujos originales hechos a mano para colorear. Se pidió que los dibujos reflejaran sus propias jornadas y lo que la esperanza ha significado para ell@s. Much@s miembr@s de VOICES identificaron un elemento importante para su propia sanación: darse cuenta de que no estaban caminando la jornada sol@s. Junt@s, querían comunicar su solidaridad con otr@s sobrevivientes compartiendo el mensaje de que “nunca estás sol@”.

**L**@s visionari@s y artistas detrás de este libro le dedican estas páginas a l@s sobrevivientes de todo el mundo como un recordatorio constante de que hay caminos hacia la esperanza y la sanación. Hay un futuro brillante adelante y tod@s podemos llegar ahí creyendo en nosotros mism@s, en los demás y en nuestros sueños.

**H**asta los objetivos más pequeños pueden comenzar a aumentar la esperanza en nuestras vidas y a llevarnos hacia la curación. Comenzar con un objetivo alcanzable, como terminar una página para colorear, puede darnos la confianza que necesitamos para avanzar en nuestras vidas y comenzar a soñar en GRANDE una vez más. La Red Nacional de VOICES ha proporcionado una vía al crear los contornos en cada una de estas páginas, y l@s sobrevivientes pueden comenzar a recuperar su control al determinar qué colores quieren usar para decorar cada página. A medida que cada una de estas páginas para colorear tome vida con el color, la Red Nacional de VOICES celebra que l@s sobrevivientes están dándole vida y color a las bellas imágenes que otr@s sobrevivientes iniciaron.

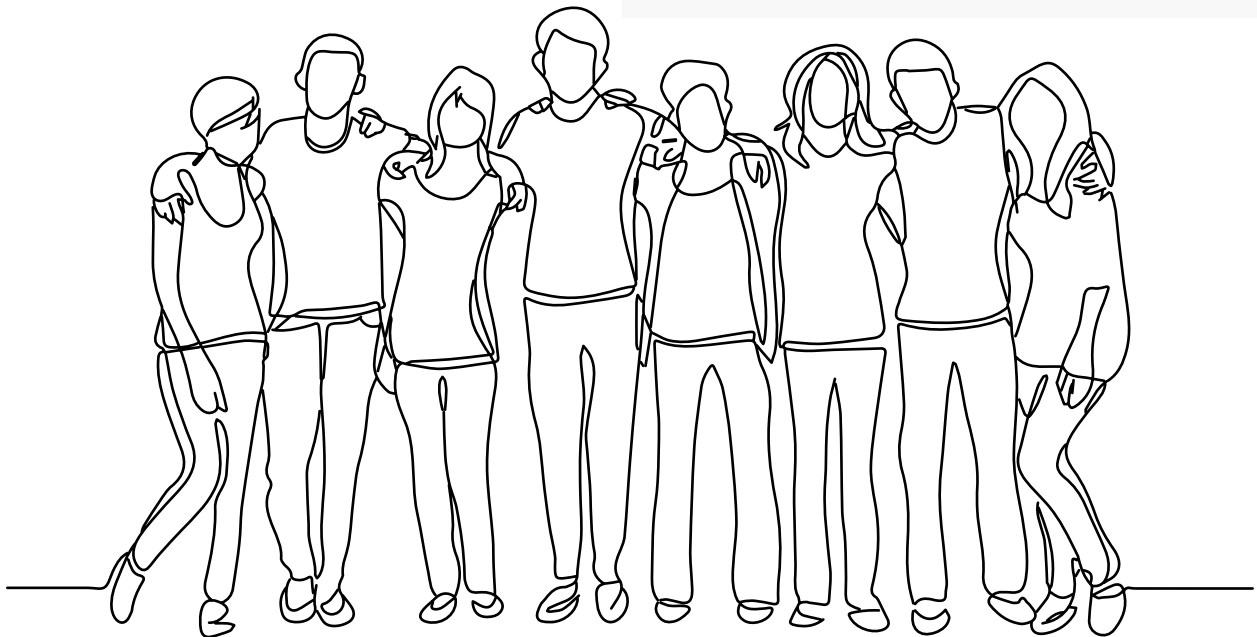


**T**he VOICES Survivor Advocacy Network is a group of survivors who...

- Volunteer their time to celebrate their strength and survival.
- Use their voices to help others through advocacy, education, and empowerment.
- Support each other as well as incoming Family Justice Center clients.
- Offer a unique perspective on a Family Justice Center's established programming and/or identify gaps in services.
- Advocate on behalf of the local Family Justice Center, not just in the early stages but for long-term sustainability.

**L**a Red de Sobrevivientes de VOICES es un grupo de sobrevivientes que...

- Ofrecen su tiempo para celebrar su fuerza y supervivencia.
- Usan sus voces para ayudar a otr@s a través de la defensa, la educación y el empoderamiento.
- Se apoyan un@s a otr@s, así como a l@s clientes entrantes de Centros de Justicia Familiar.
- Ofrecen una perspectiva única sobre la programación establecida en un Centro de Justicia Familiar y/o identifican huecos en los servicios.
- Abogan en nombre del Centro de Justicia Familiar local, no solo en las primeras etapas sino también para la sostenibilidad a largo plazo.





**T**his coloring book is a compilation of hand drawn coloring pages created by VOICES members from across the country. The Family Justice Center VOICES Chapters that contributed original artwork to the coloring book are as follows:

**E**ste libro es una compilación de páginas para colorear dibujadas a mano creadas por miembr@s de VOICES de todo el país. Los Comités de VOICES de Centros de Justicia Familiar que contribuyeron con ilustraciones originales al libro son los siguientes:

Alameda County Family Justice Center VOICES Chapter	Family Safety Center VOICES Chapter
Buncombe County Family Justice Center VOICES Chapter	Metro Office of Family Safety VOICES Chapter
The Center for Family Justice VOICES Chapter	One Place VOICES Chapter
Clackamas Women's Services VOICES Chapter	One Safe Place VOICES Chapter
Contra Costa Family Justice Center VOICES Chapter	Palomar - Oklahoma City's Family Justice Center VOICES Chapter
Essex County Family Justice Center VOICES Chapter	Sacramento Family Justice Center VOICES Chapter
Family Justice Center of Acadiana VOICES Chapter	San Diego Family Justice Center VOICES Chapter
Family Justice Center of Alamance County VOICES Chapter	Sojourner Family Peace Center VOICES Chapter
Family Justice Center of Sonoma County VOICES Chapter	Stanislaus <i>Family</i> Justice Center VOICES Chapter
Family Justice Center of St. Joseph County VOICES Chapter	Strength United VOICES Chapter



# Spreading Hope

## Difundiendo Esperanza

**T**he coloring book *Voices of Hope* was created with the intention of supporting survivors and their children in their journeys towards hope and healing. Here are a few creative ways to distribute *Voices of Hope* in Family Justice Centers to reach survivors in your community:

Create a **VOICES of Hope support group** to foster community after the crisis for survivors accessing services.

Print individual coloring pages to distribute to attendees at **in-person training events**.

**Print and sell copies** of *VOICES of Hope* to fundraise for your local VOICES Chapter.

**Gift VOICES of Hope to children** who come into the Center with a parent or family member.

Incorporate coloring into your **wellness plan** for both survivors and staff.

**Thank your donors** with a printed copy of *VOICES of Hope*.

**E**l libro para colorear *Voices of Hope (Voces de Esperanza)* fue creado con la intención de apoyar a sobrevivientes y sus hij@s en sus jornadas hacia la esperanza y la sanación. Aquí hay algunas formas creativas de distribuir *Voices of Hope* en los Centros de Justicia Familiar para que lleguen a las manos de l@s sobrevivientes en su comunidad:

Cree un **grupo de apoyo VOICES of Hope** para fomentar comunidad después de la crisis para quienes continúen accediendo servicios.

Imprima páginas para colorear individuales para distribuir a los asistentes a los **eventos de capacitación** en persona.

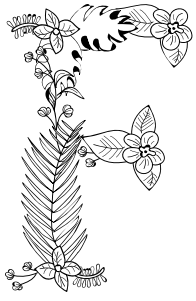
**Imprima y venda copias** de *VOICES of Hope* para recaudar fondos para su comité local de VOICES.

**Regale VOICES of Hope a l@s niñ@s** que vienen al Centro con un padre o familiar.

Incorpore el colorear en su **plan de bienestar** tanto para los sobrevivientes como para el personal del Centro.

**Agradezca a sus donantes** con una copia impresa de *VOICES of Hope*.





# Fun facts about Hope

Casey Gwinn, Esq.

*To children and teens*

HOPE is three things:  
Believing in yourself  
Believing in others  
Believing in your dreams

*To all users of this  
special coloring book*

-imagine  
beautiful things  
in your future  
as you draw  
and color.

*To adults*

**H**OPE is the belief that our futures can be brighter than our past and that we do play a role in making our futures happen. We all need more hope in our lives. Art often helps calm us and gives us a sense of peace and beauty in our lives which helps us believe in our ability to set goals - small or large - and identify pathways/steps to our goals in life.

**W**hen we all set goals, we care about and then we go on to achieve them, hope goes up in our lives. As you use this coloring book, think about who you want to be and what you want to do in your lives. Imagine a better life.

**I**magination is a pathway to higher hope. Children and Adults can use their imaginations in storytelling, art, and other activities to help increase hope.

**T**he pathway to hope is the ability to imagine what you can be or do, what others can be or do, and what your life will be like when your goals and dreams come true.



# Datos divertidos sobre la Esperanza

Casey Gwinn, Esq.

## *Para los adultos*

ESPERANZA es la fe de que nuestro futuro puede ser mejor que nuestro pasado y que tenemos un papel en hacerlo ser así. Todos necesitamos más Esperanza en nuestras vidas. El arte a menudo nos ayuda a calmarnos y nos da una sensación de paz y belleza en nuestras vidas, lo que nos ayuda a creer en nuestra capacidad para establecer objetivos, pequeños o grandes, e identificar caminos/pasos hacia nuestros objetivos en la vida.

Cuando todos establecemos objetivos, y demostramos interés en alcanzar aquellos, la Esperanza aumenta en nuestras vidas. Mientras use este libro para colorear, piense en quién quiere ser como persona y qué quiere hacer con su vida. Imagínese una vida mejor.

**La Imaginación** es uno de los caminos hacia mayor Esperanza. Tanto niñ@s como adult@s pueden aumentar la Esperanza en sus vidas al usar su imaginación para narrar cuentos, crear arte visual y otras actividades creativas.

El camino hacia la esperanza es la capacidad de imaginar lo que puede ser o hacer, lo que otros pueden ser o hacer, y cómo será su vida cuando sus metas y sueños se hagan realidad.

## *Para niños y adolescentes*

### La ESPERANZA

es tres cosas:

Crear en ti mism@

Crear en los demás

Crear en tus sueños

*Para todos los  
usuarios de este  
libro especial para  
colorear*

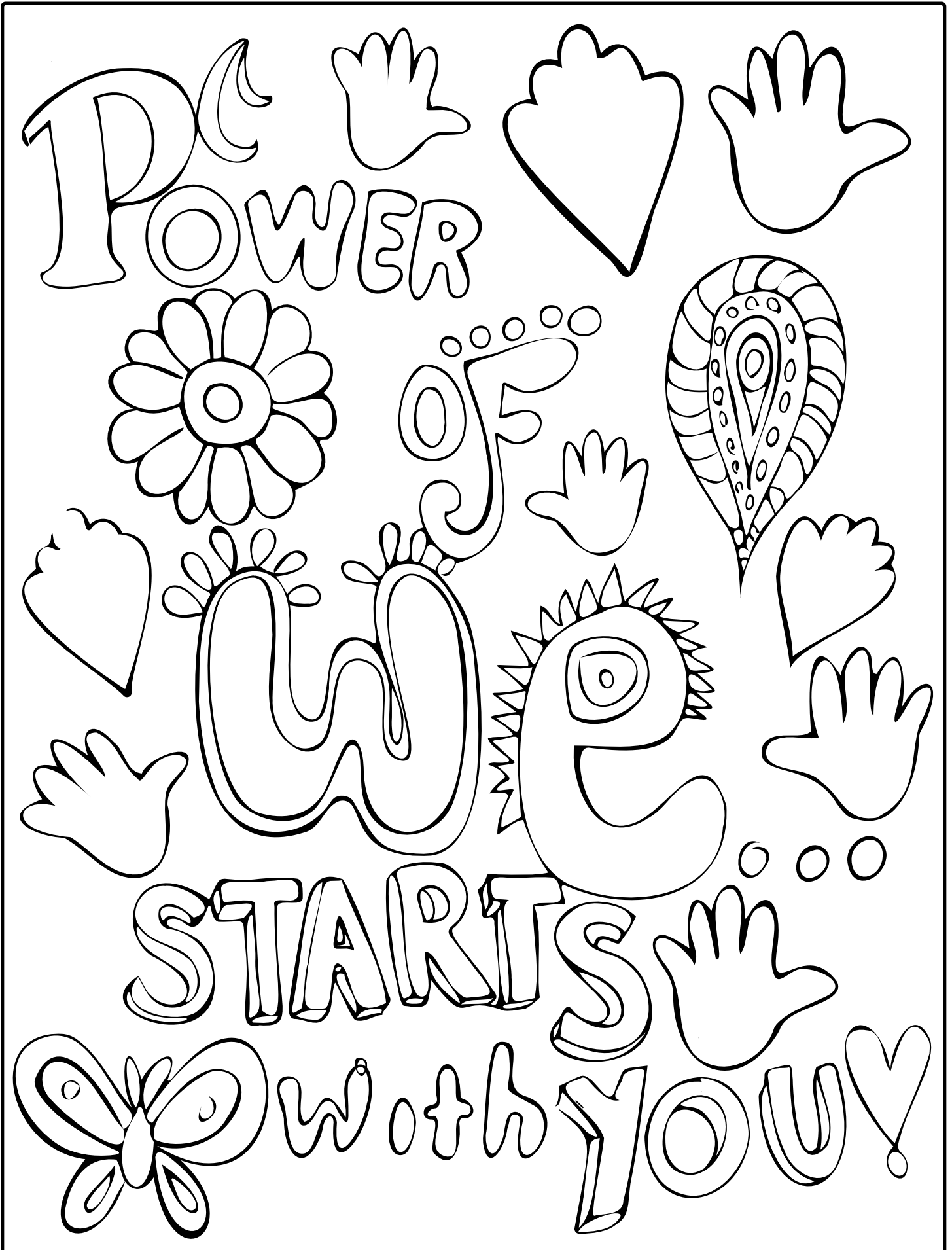
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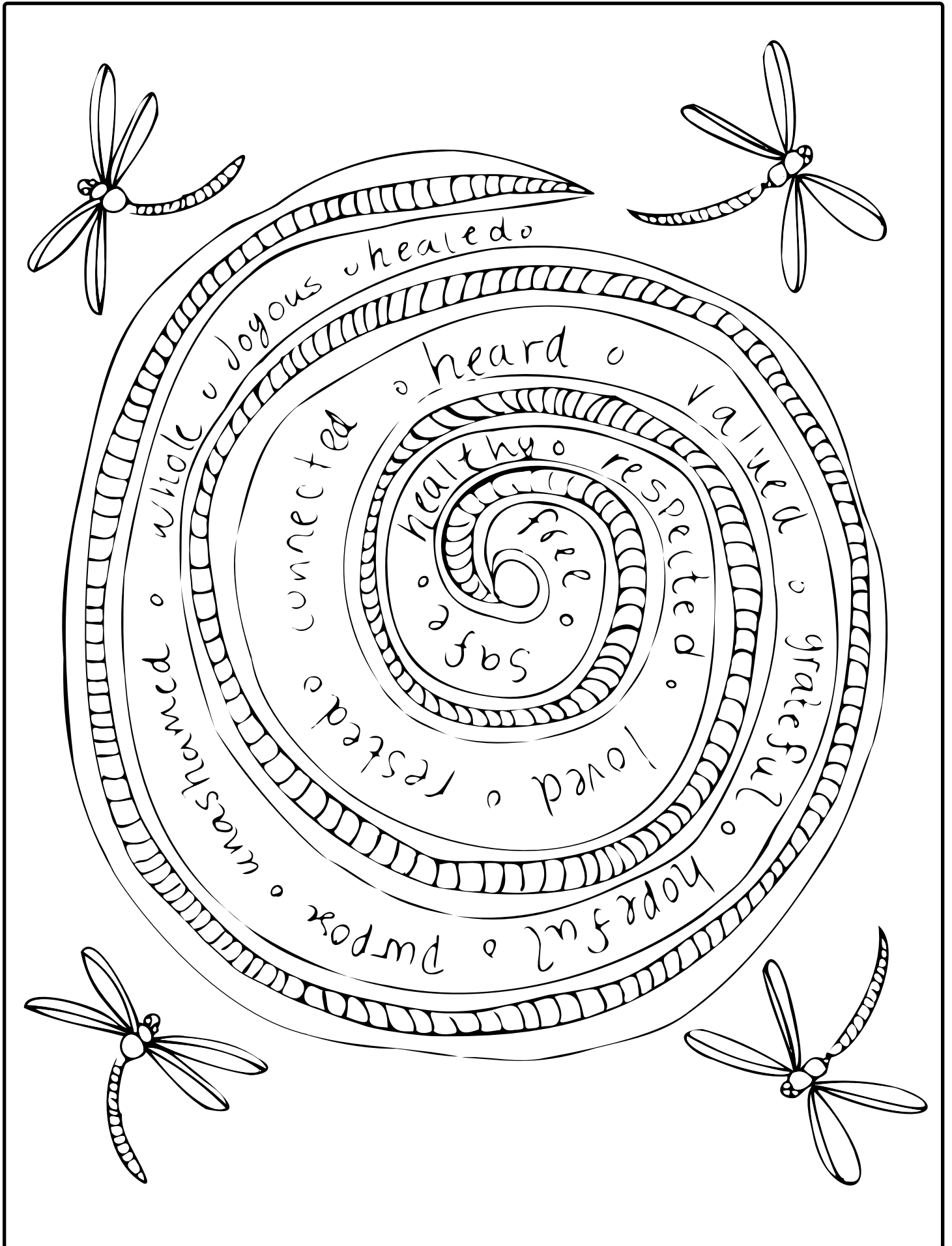
cosas hermosas

en tu futuro

al dibujar y colorear.

**BEGIN  
NOW**





HOPE

Courage

STRENGTH



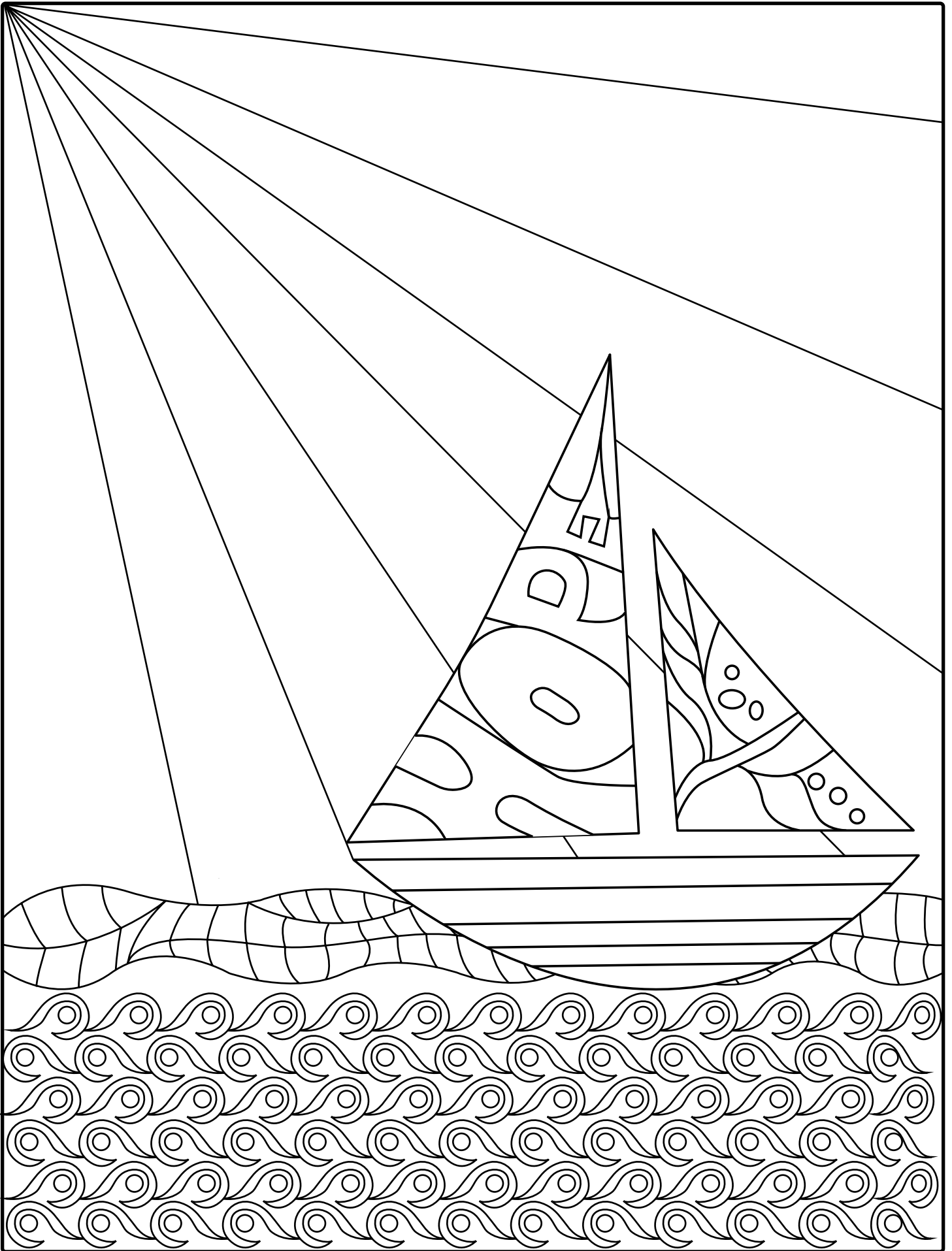
HOPE

HOPE

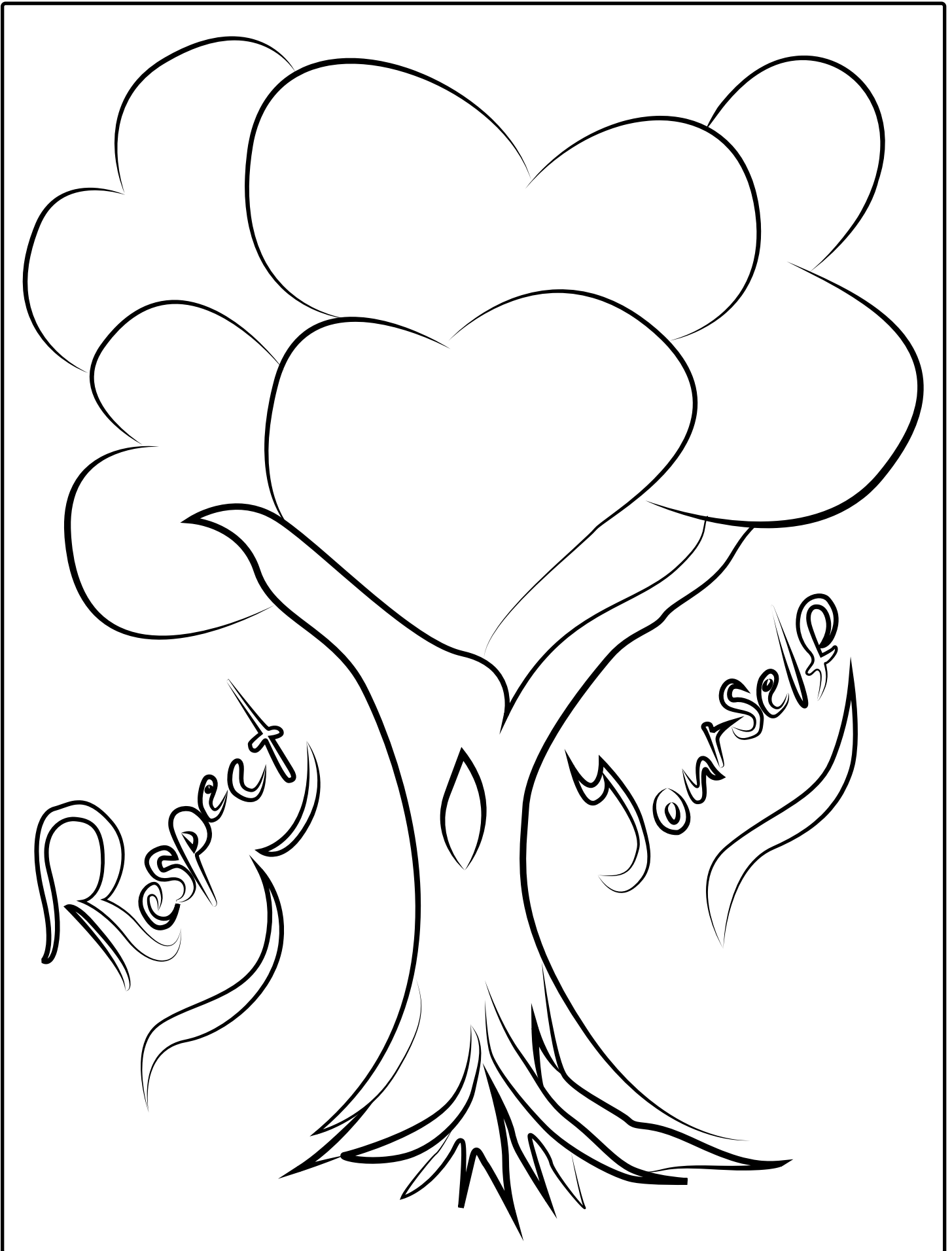
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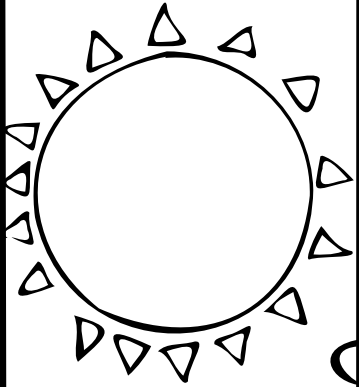
PE

Esperanza

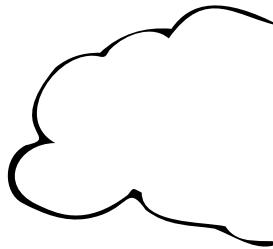
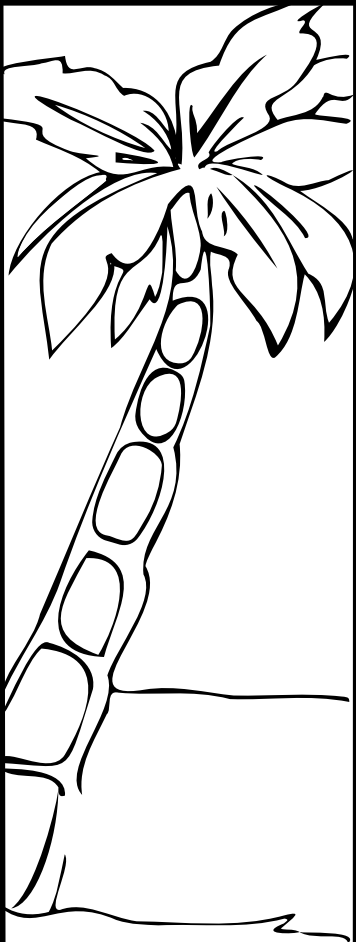








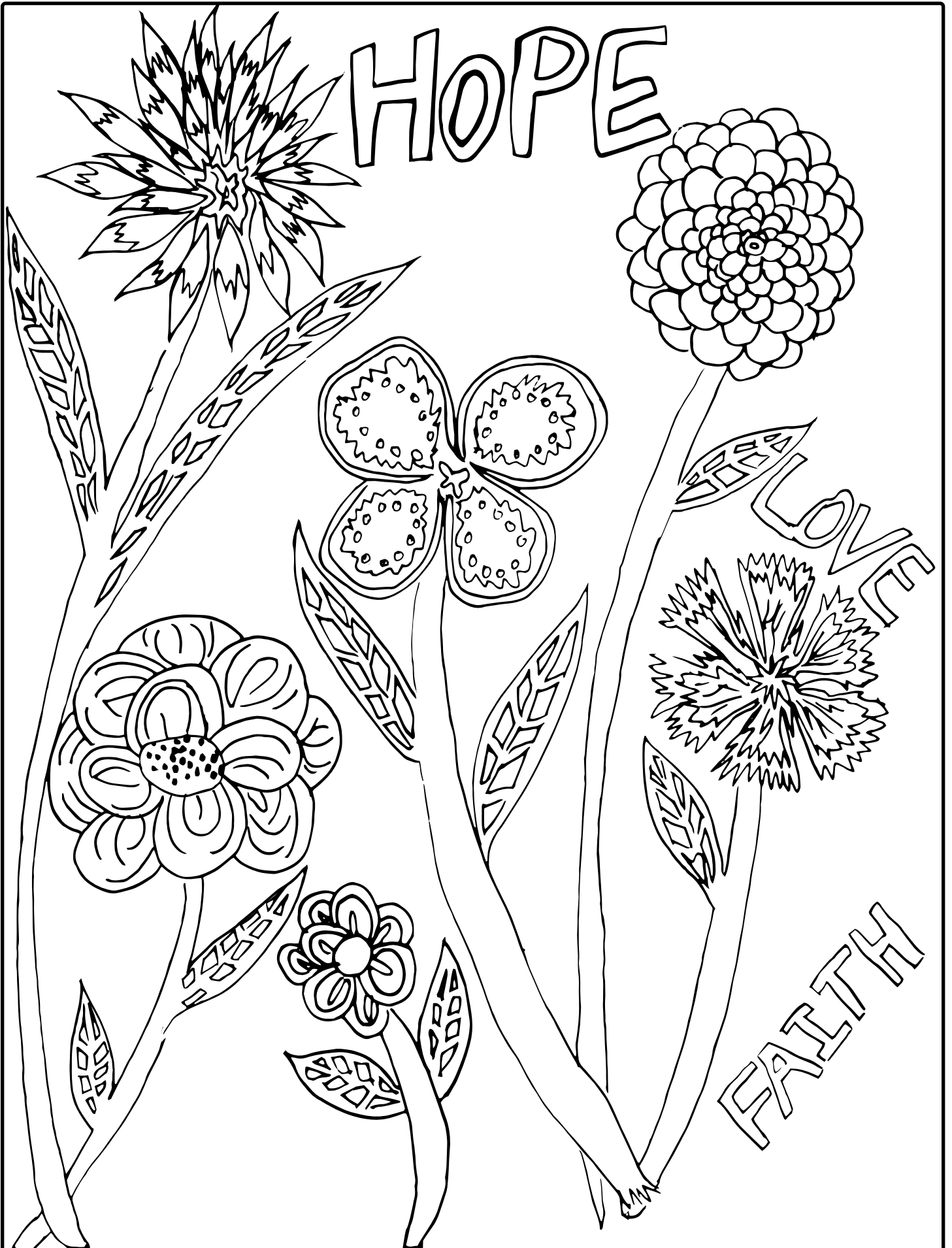
Yellow



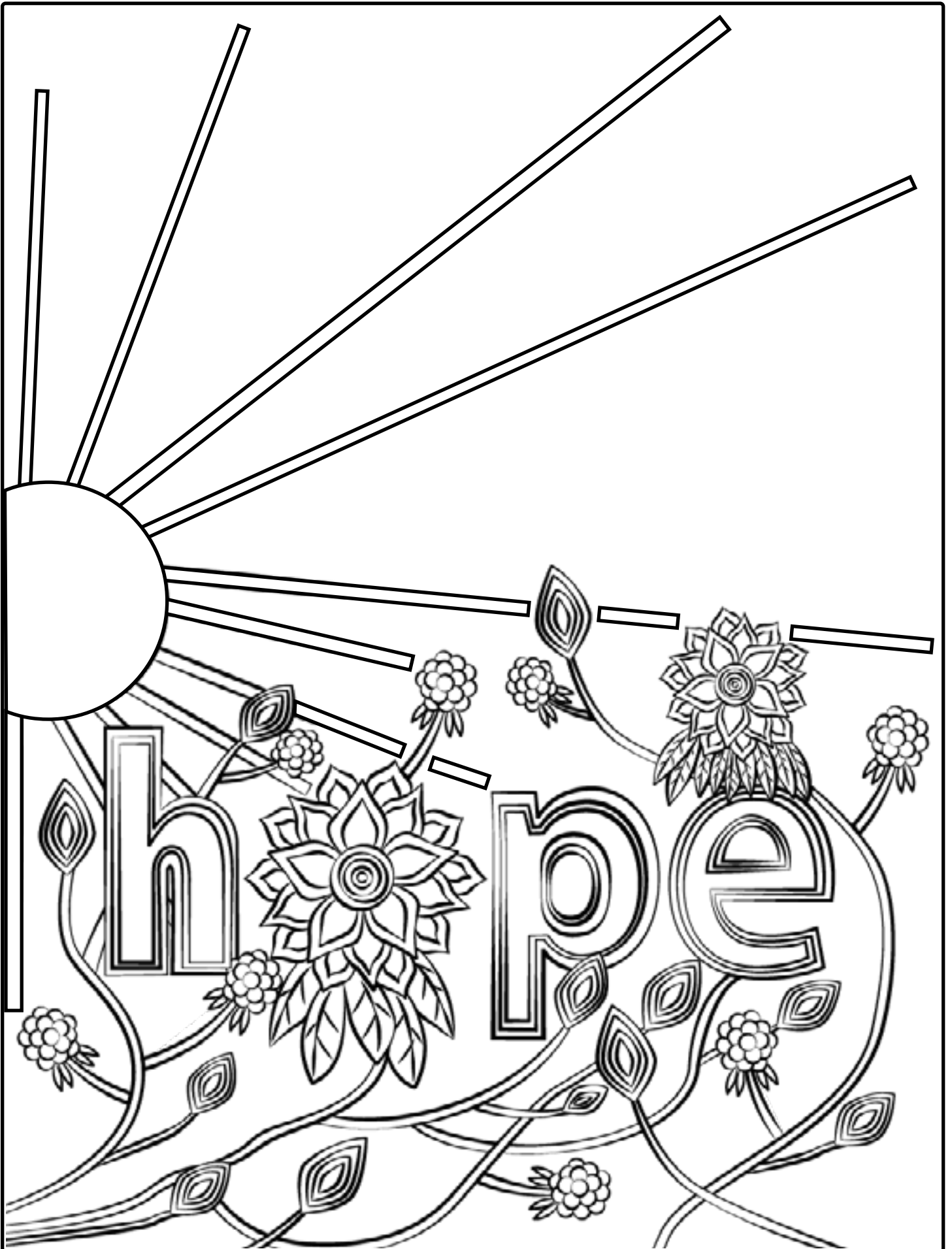
you

Dreams

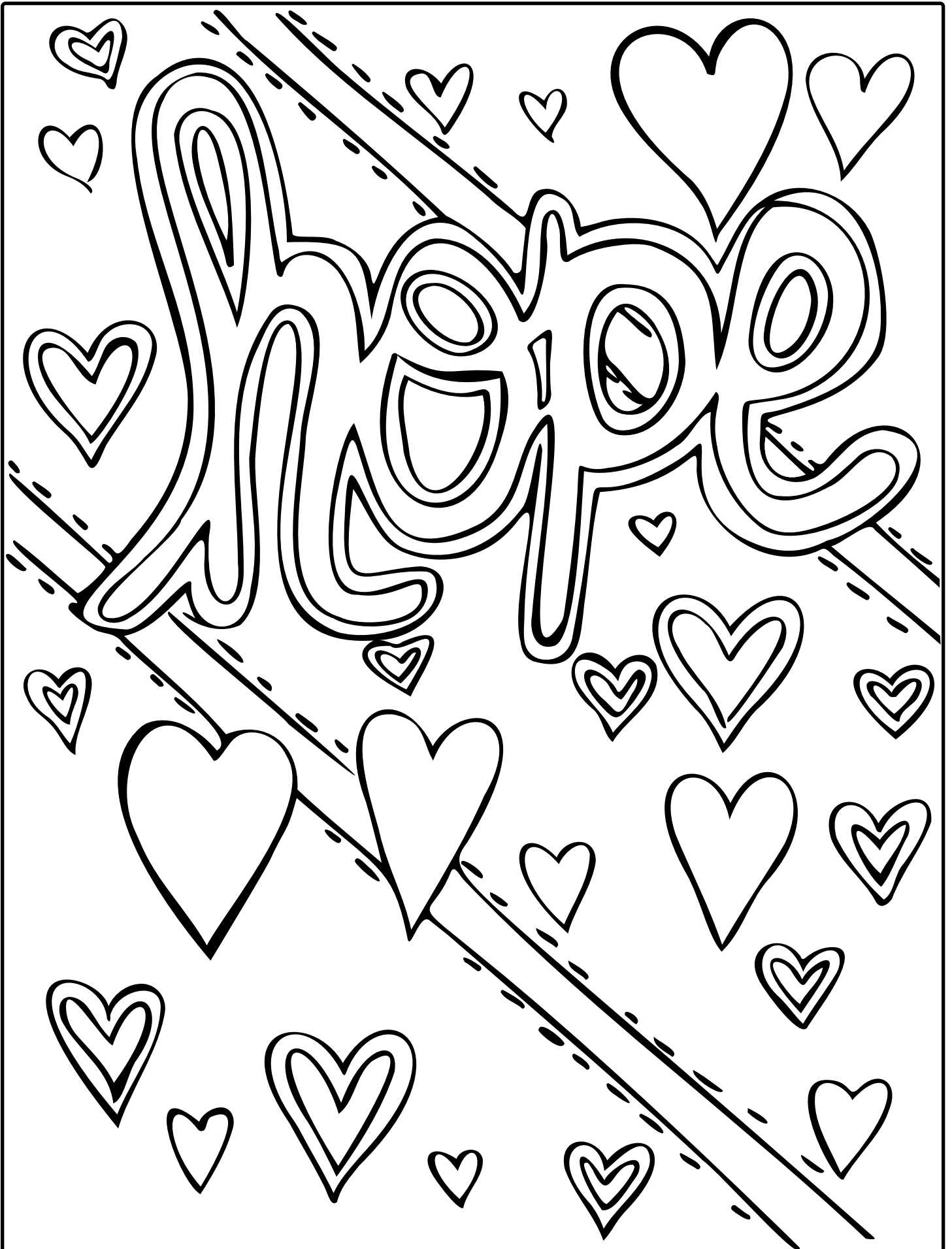
HOPE





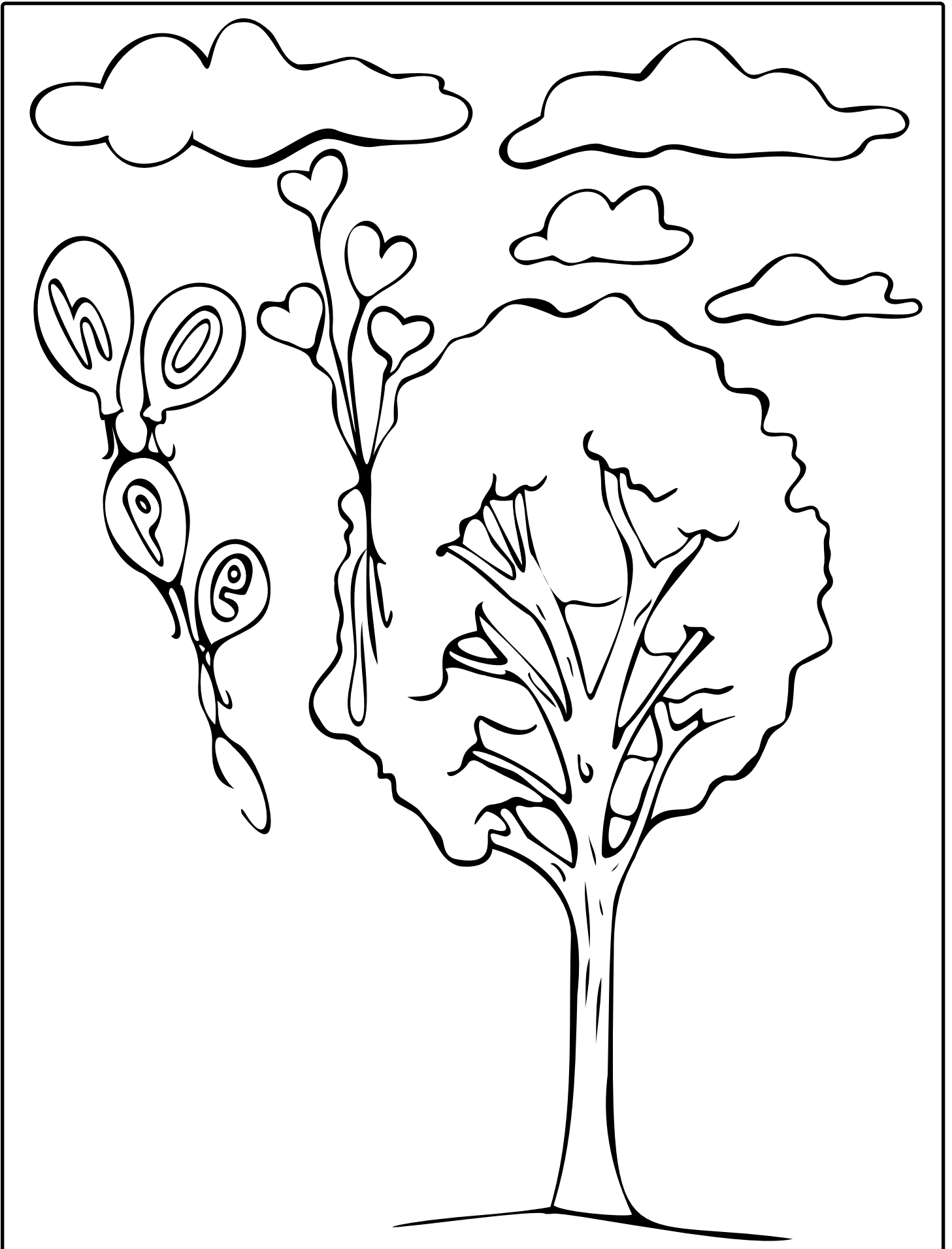


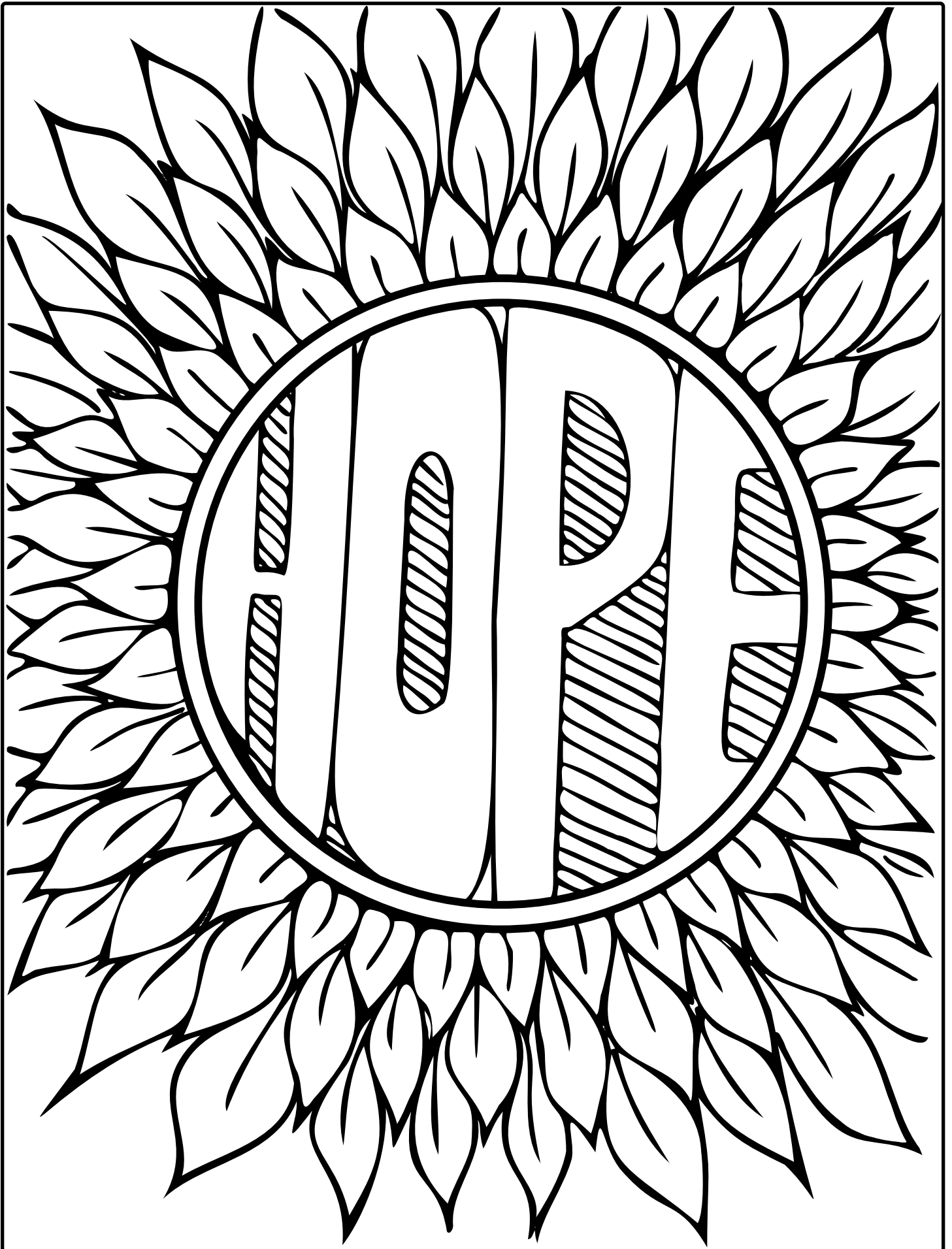


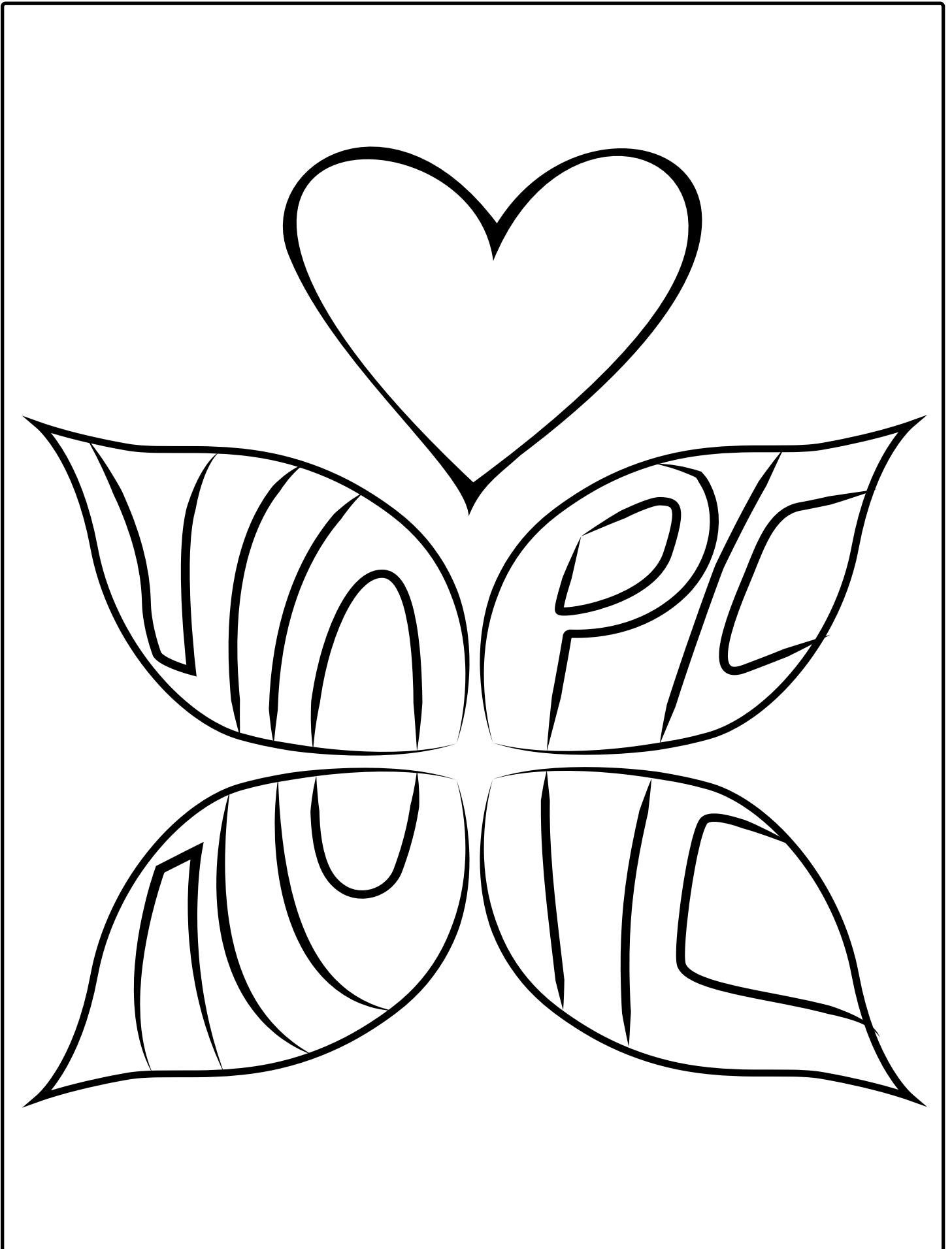








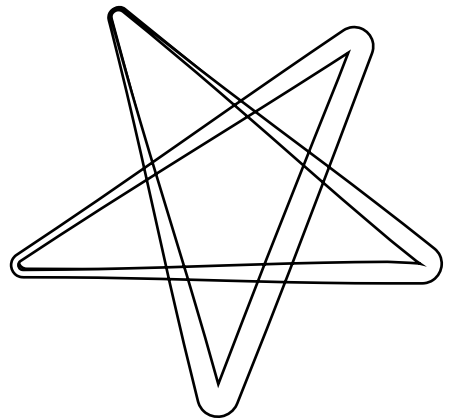
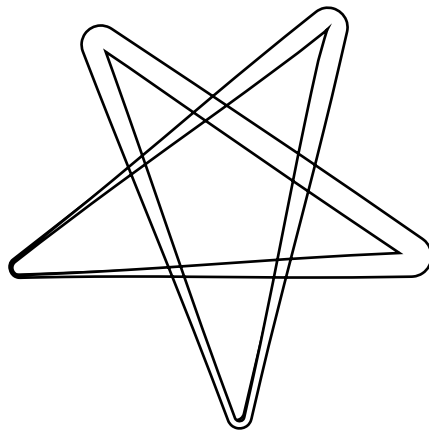
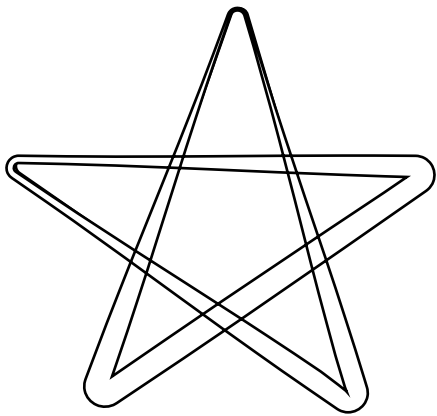




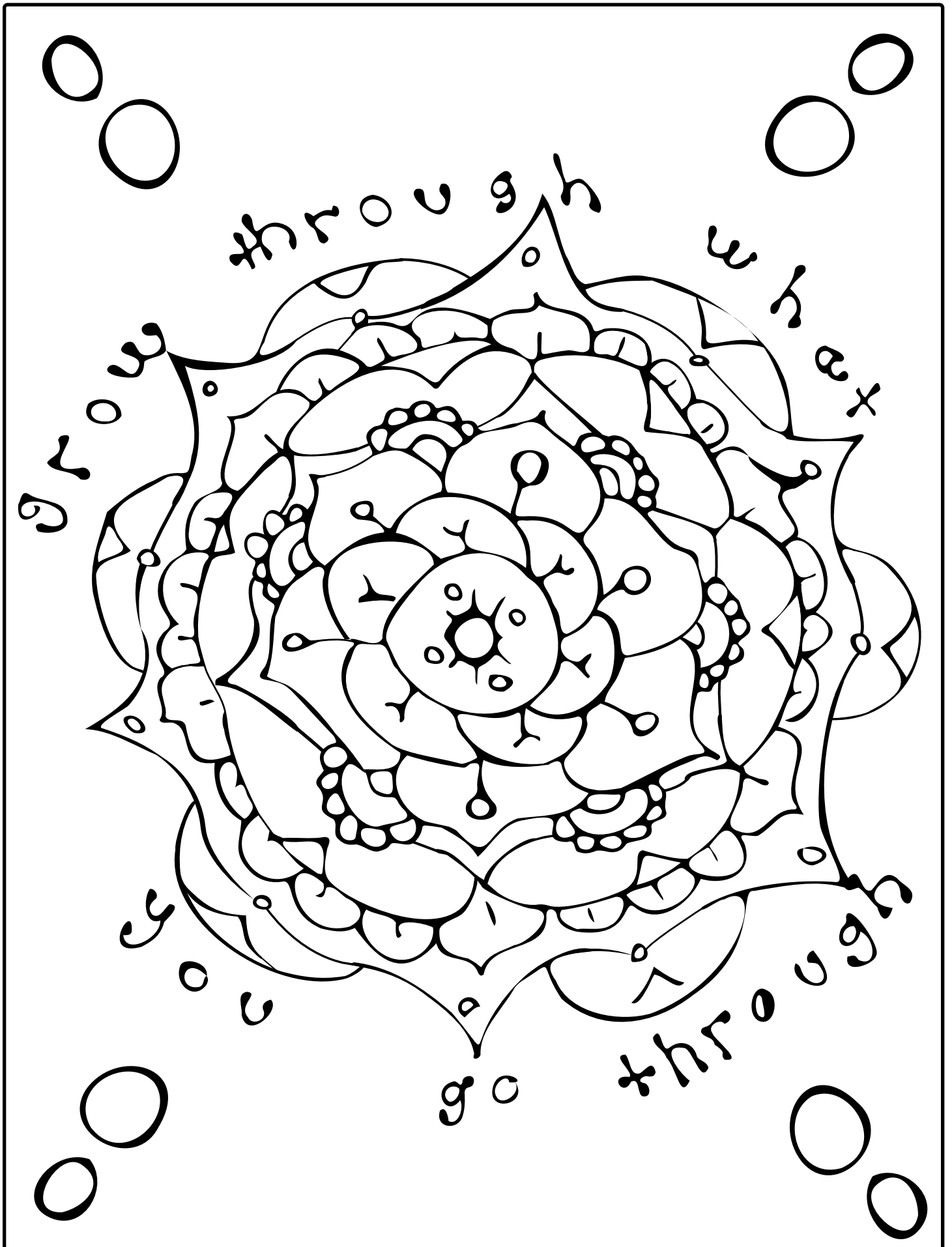
HOPE

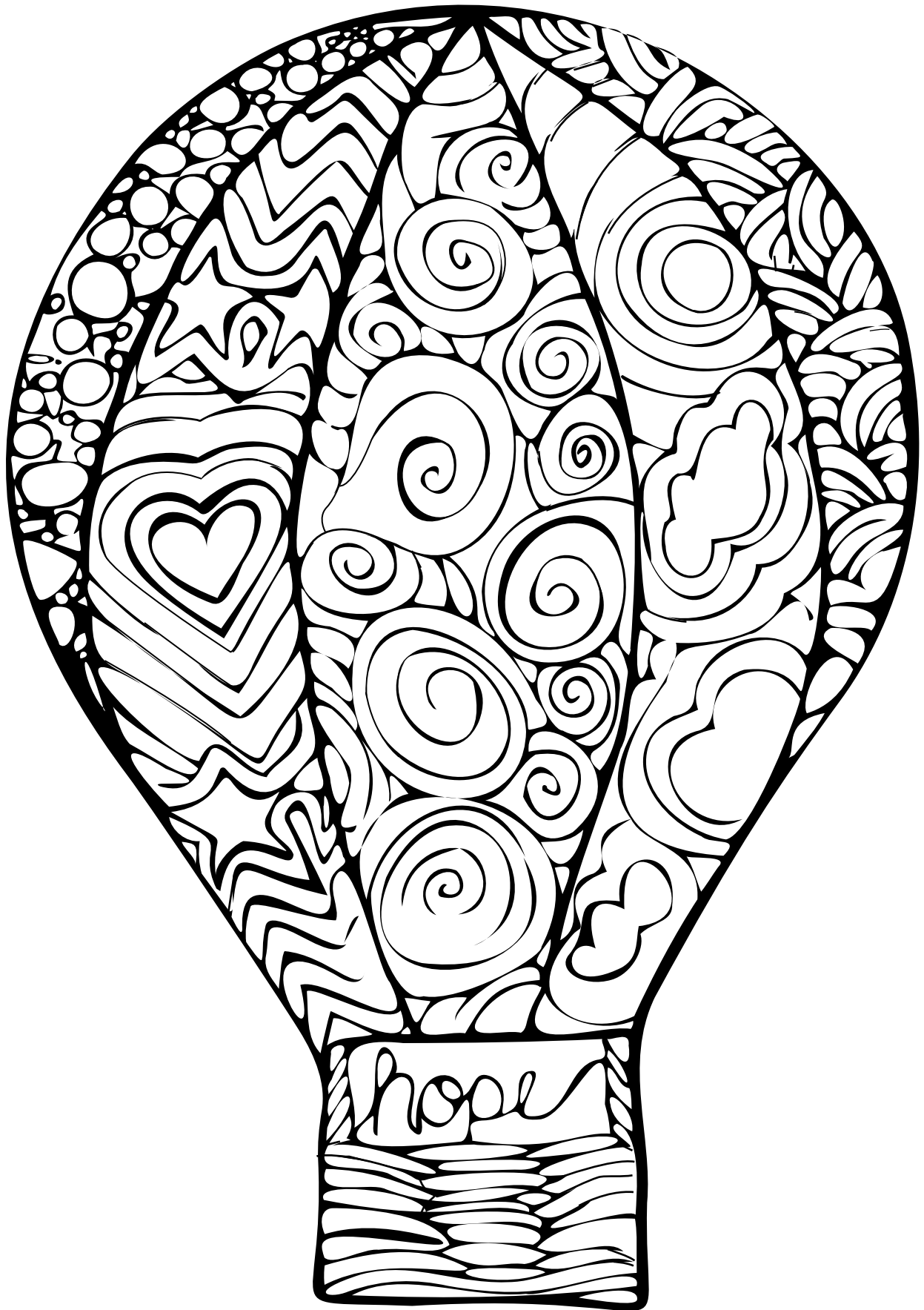
COURAGE

STRENGTH



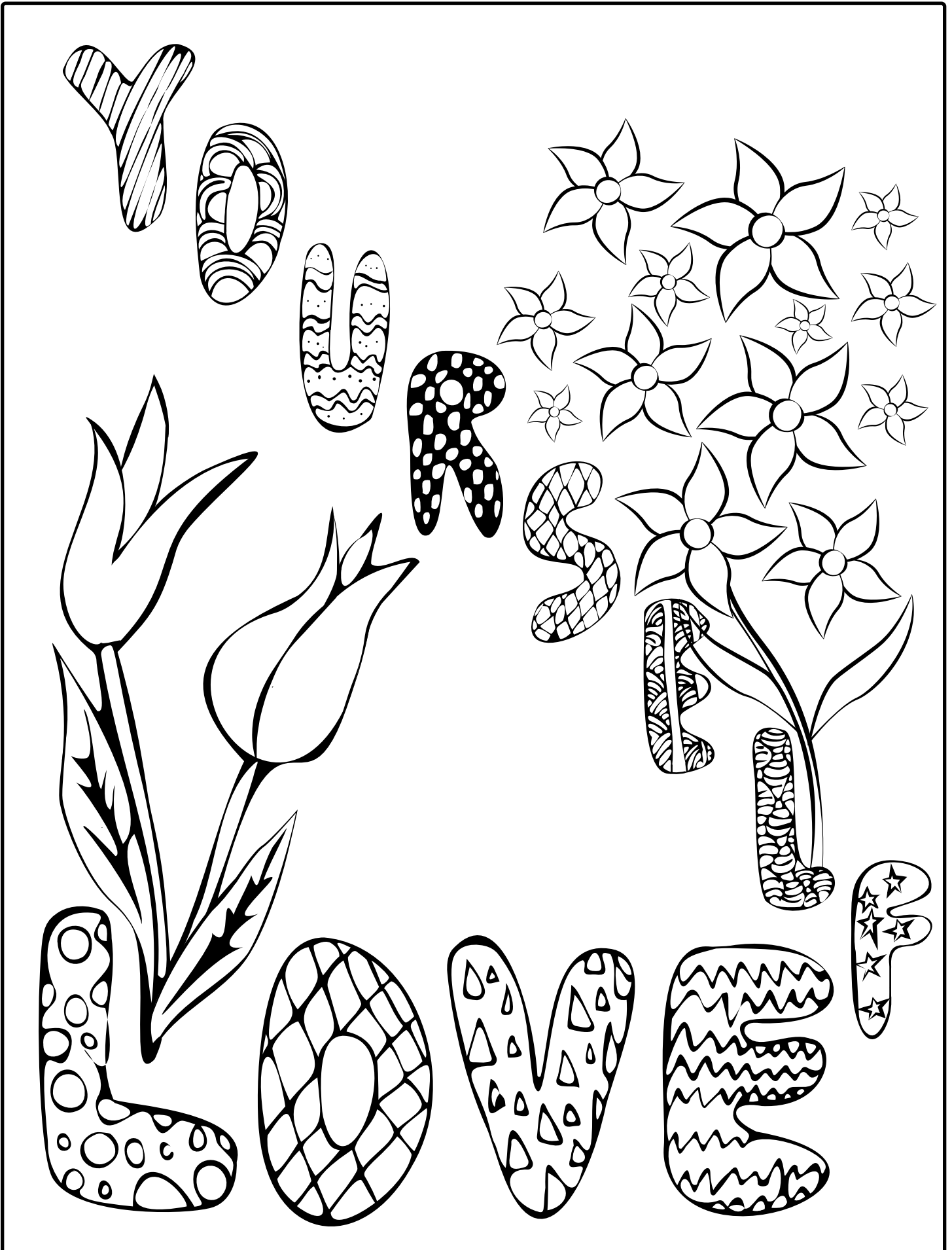
"VOICES"



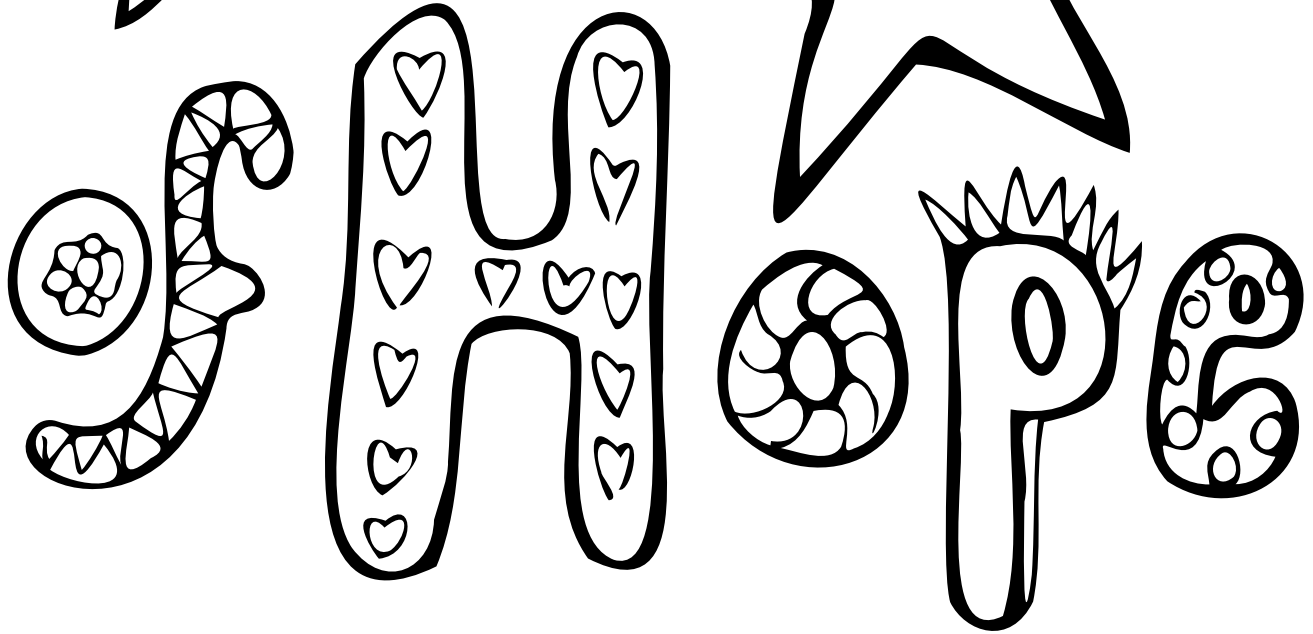
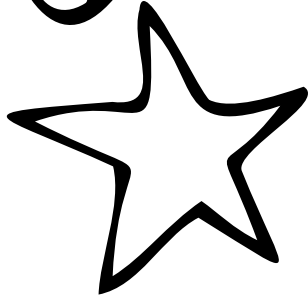


HELP

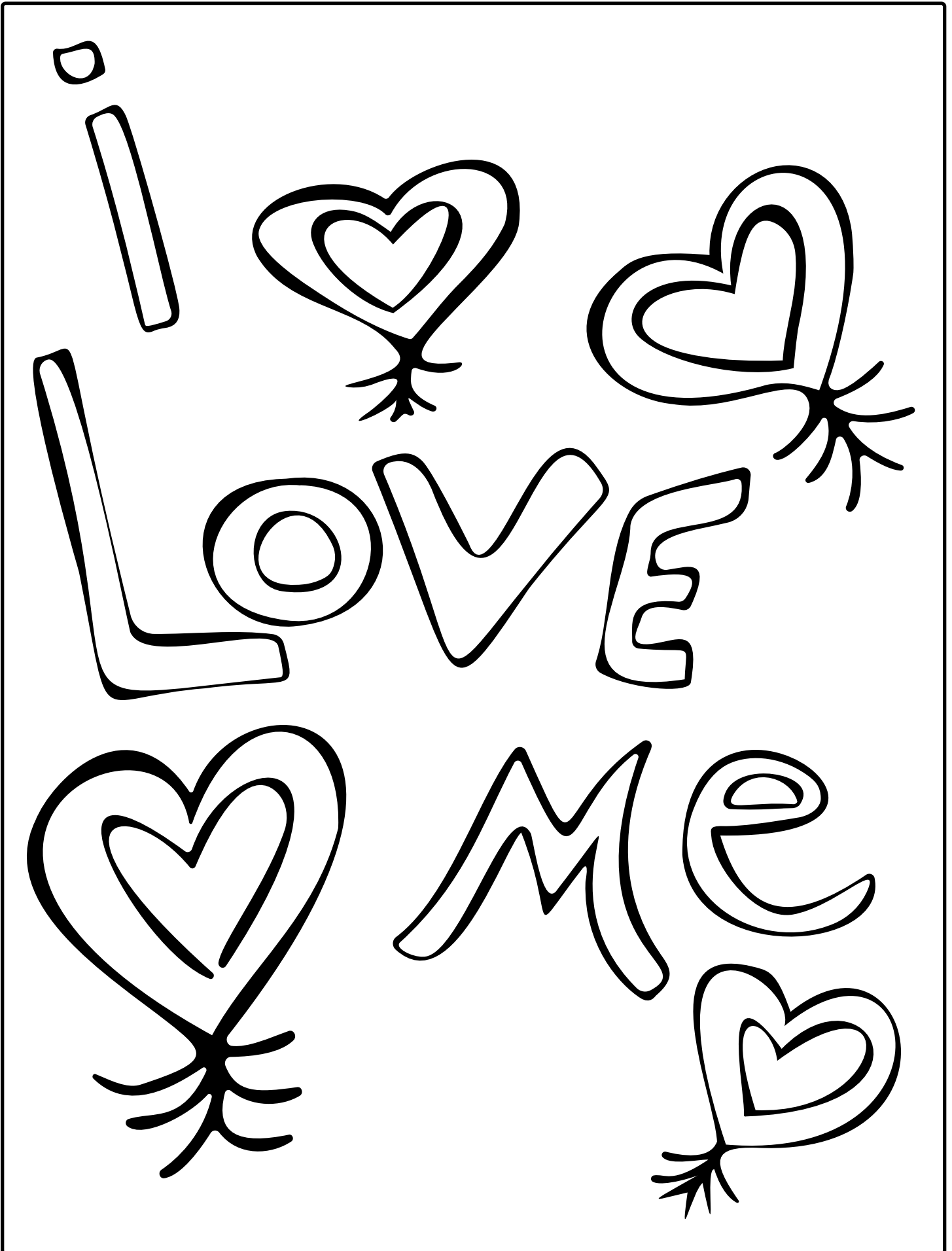


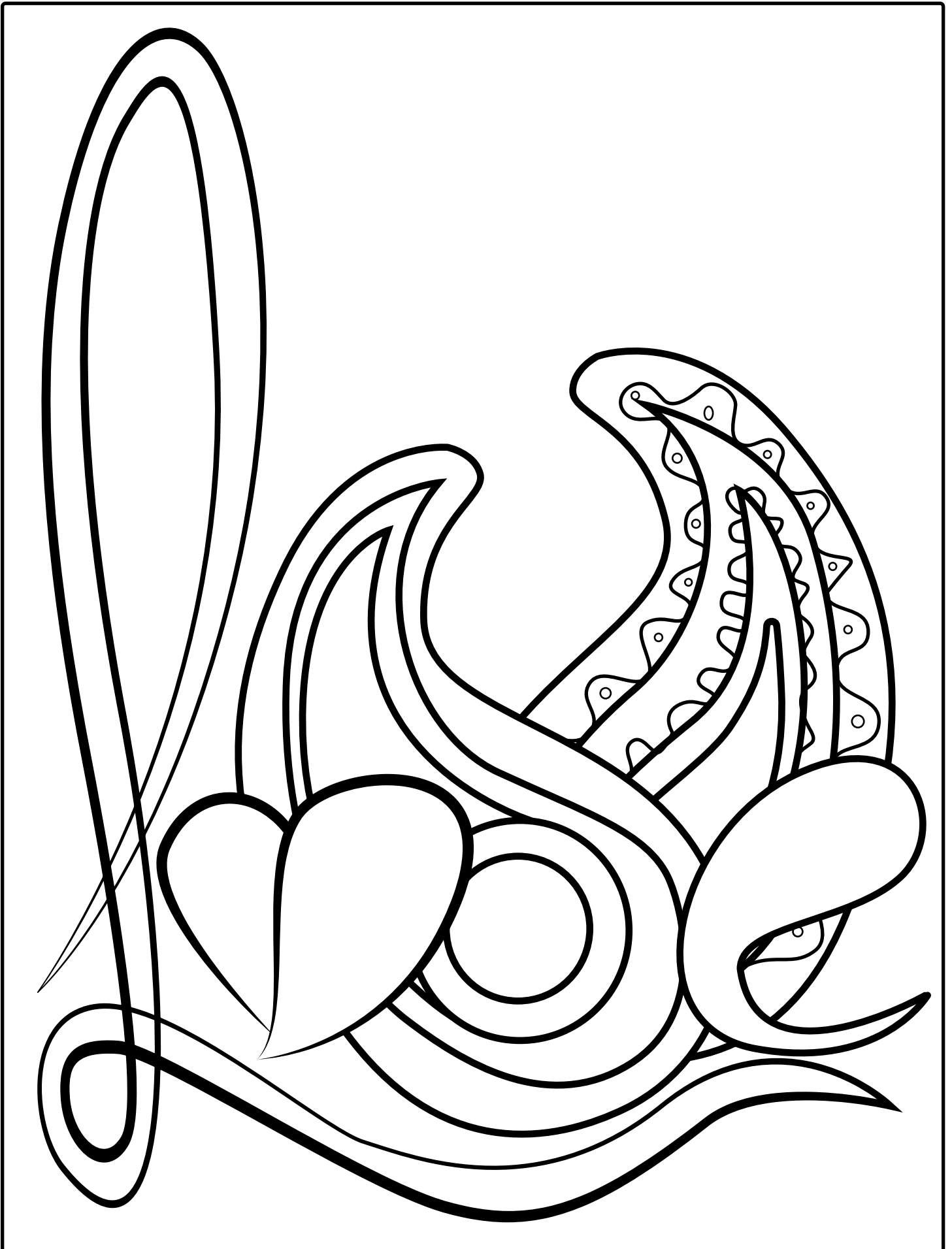






Never give up



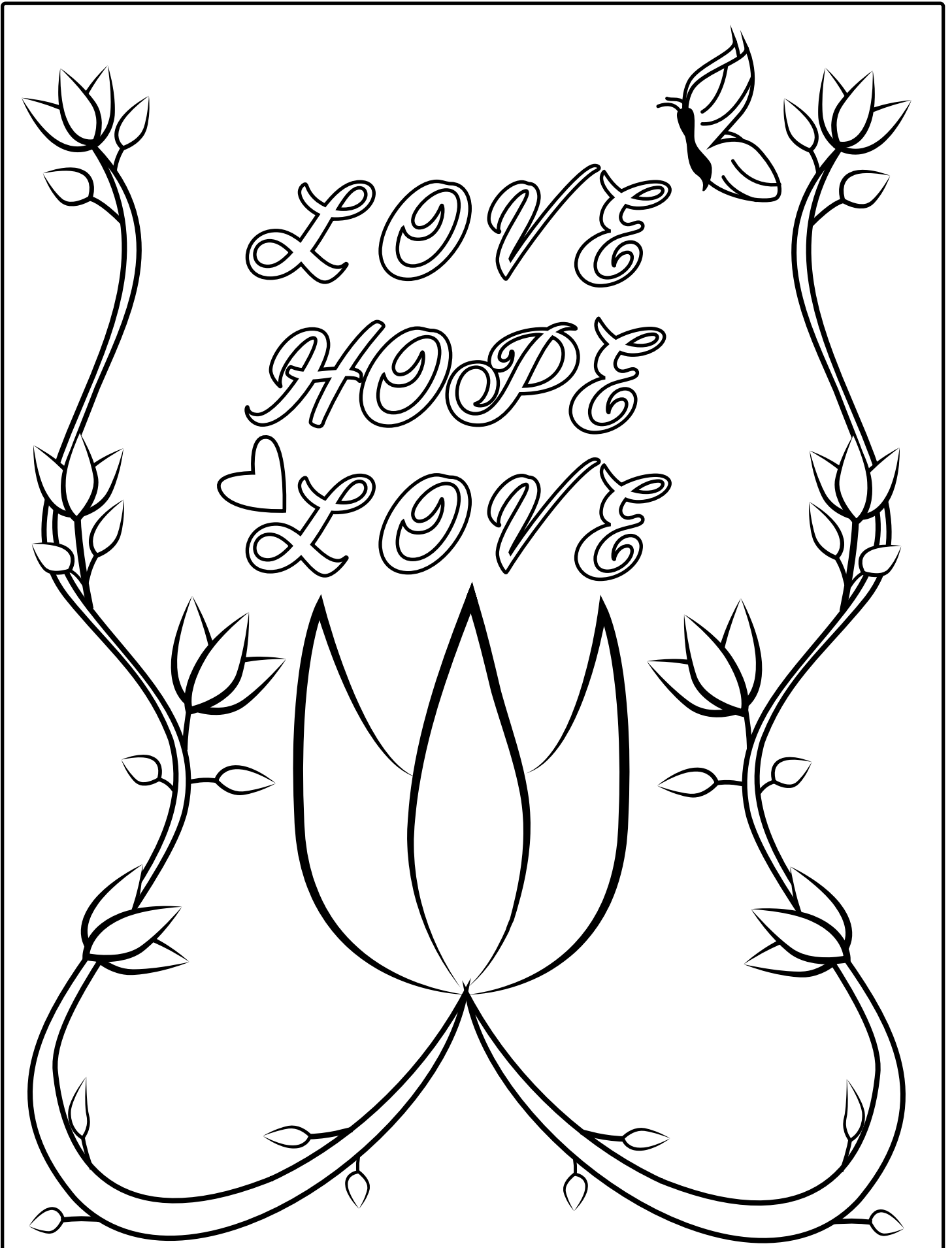


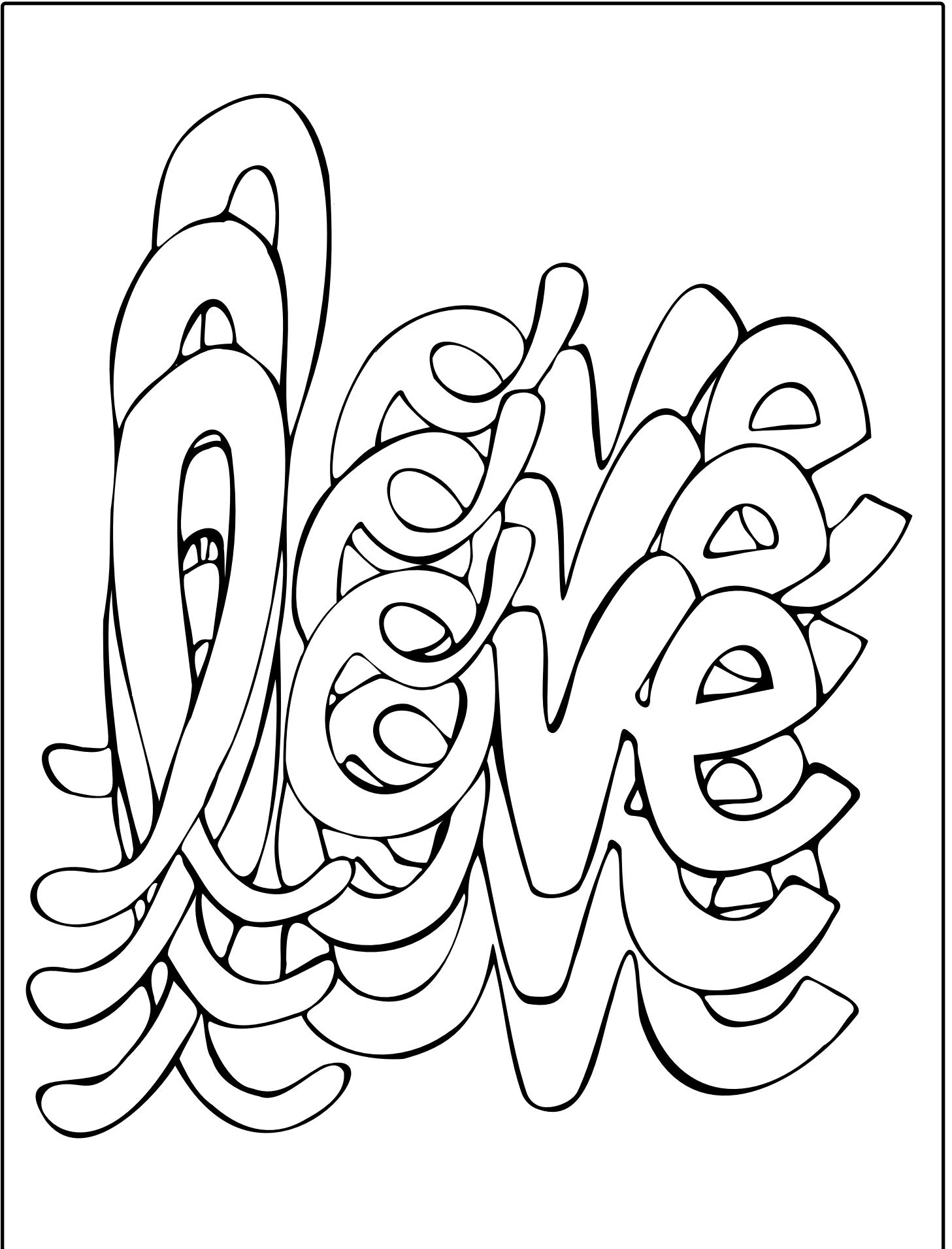


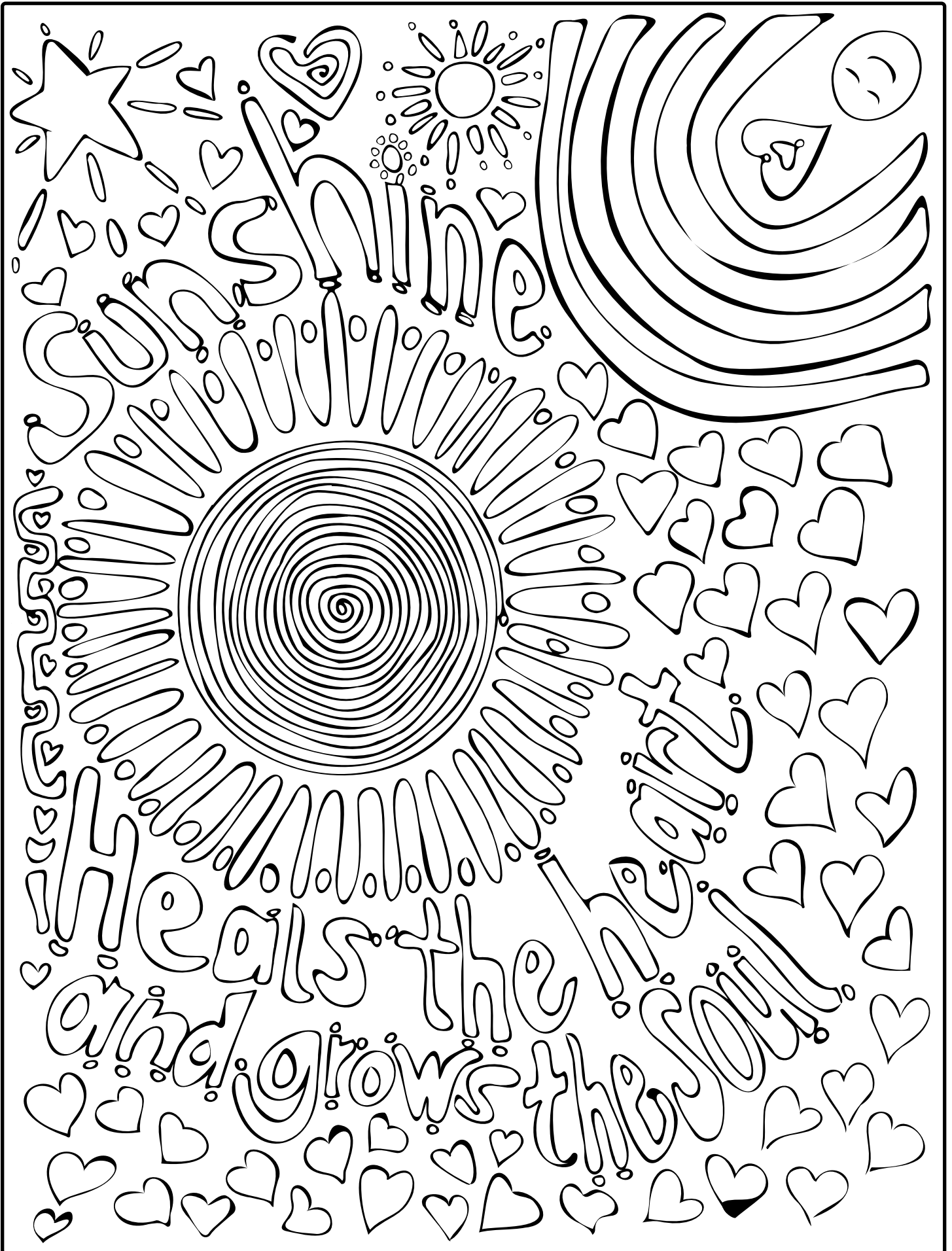
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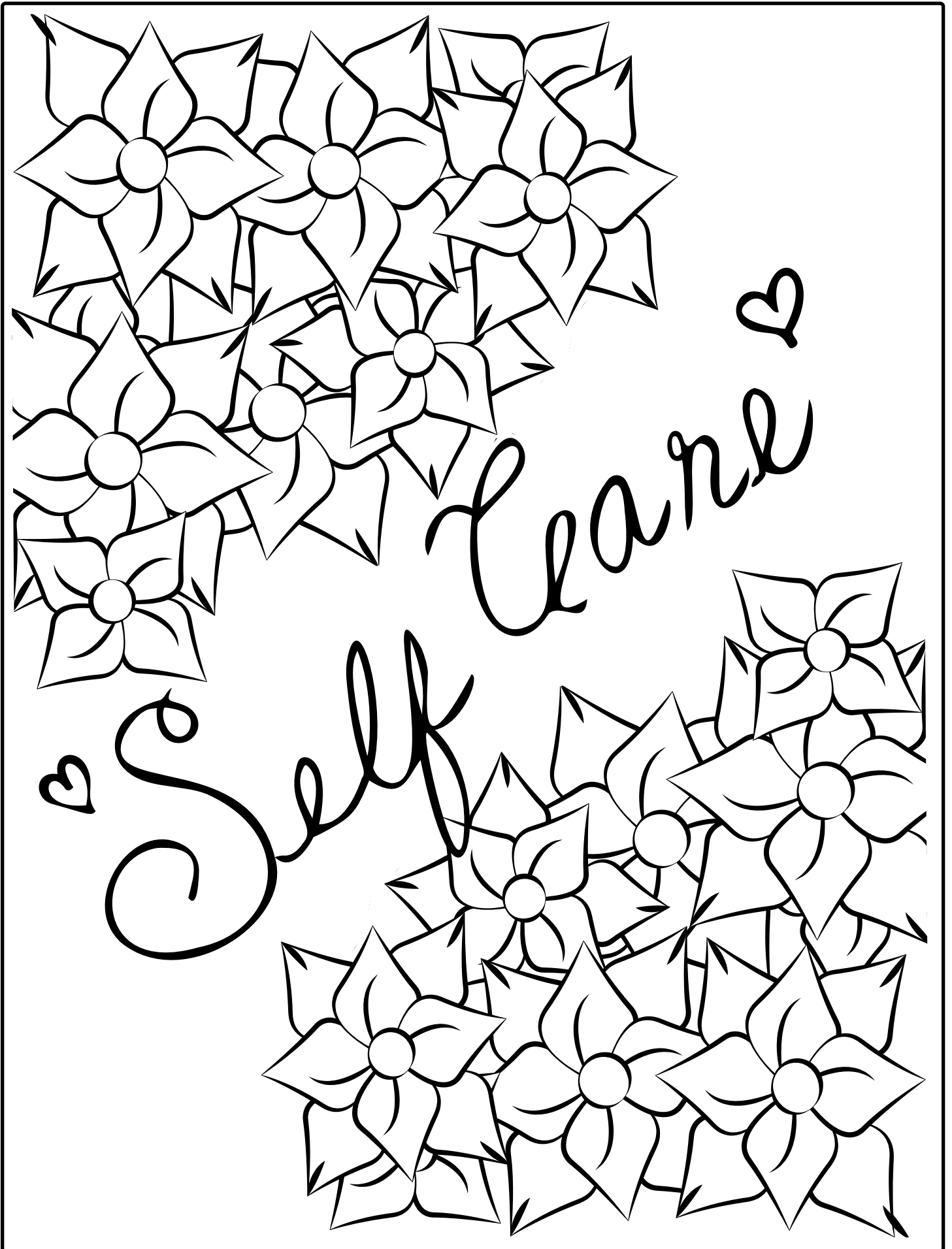


LOVE





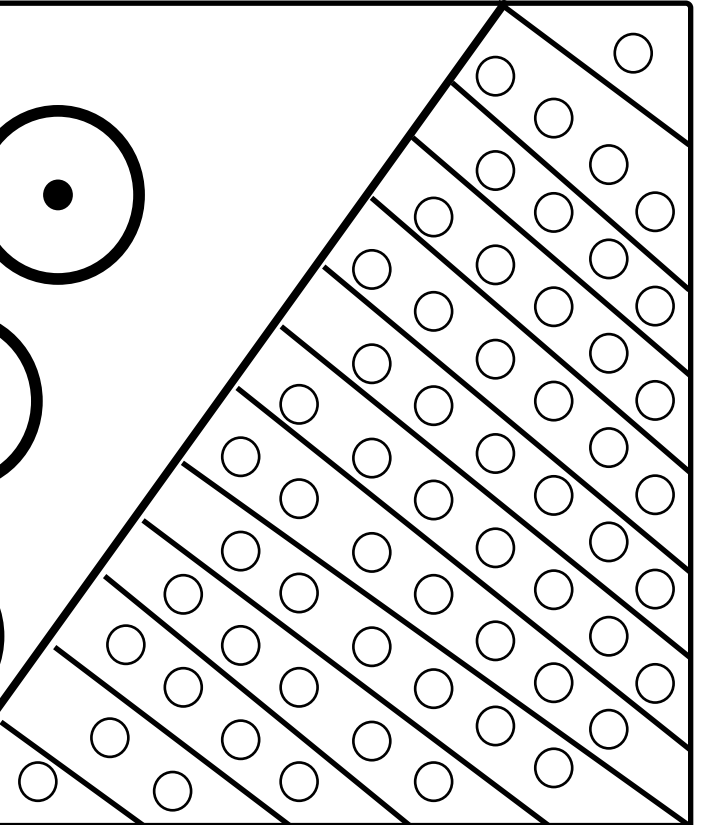
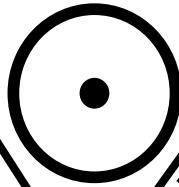
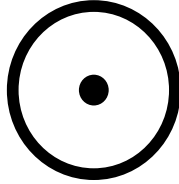
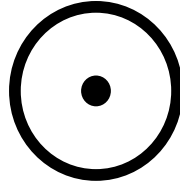
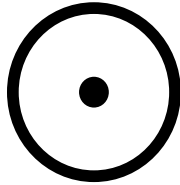








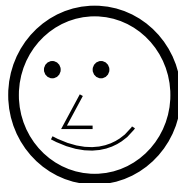
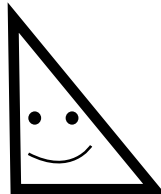
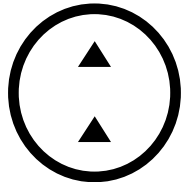
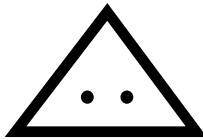
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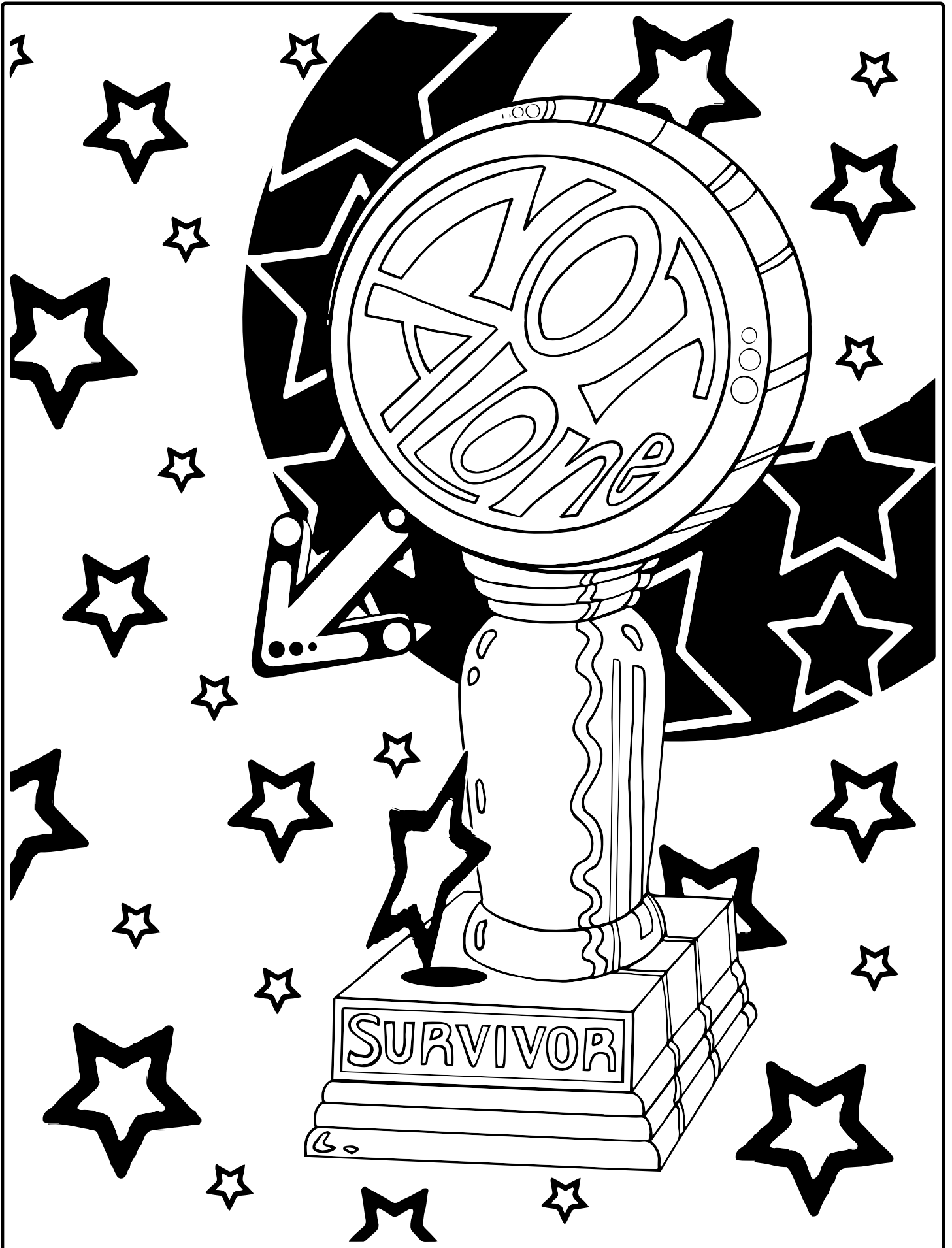


HOPE

JOY

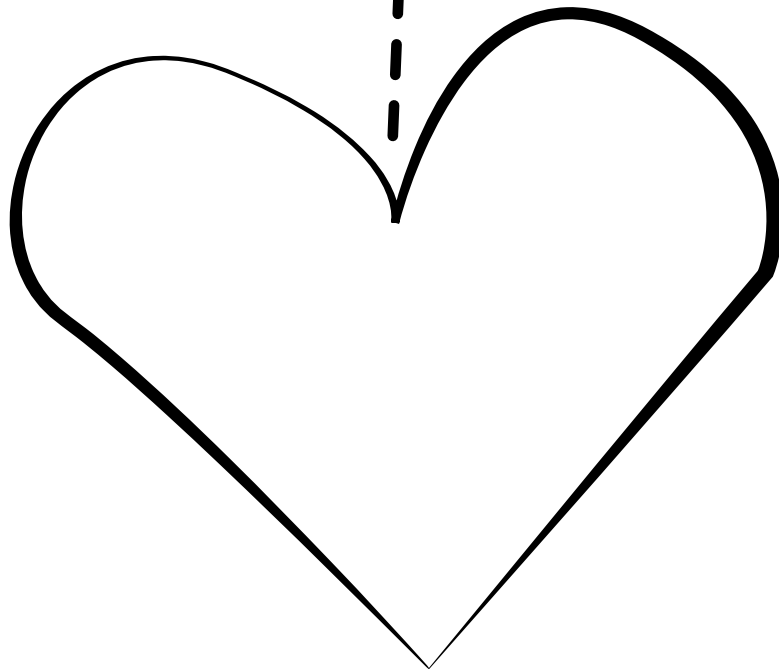
PEACE





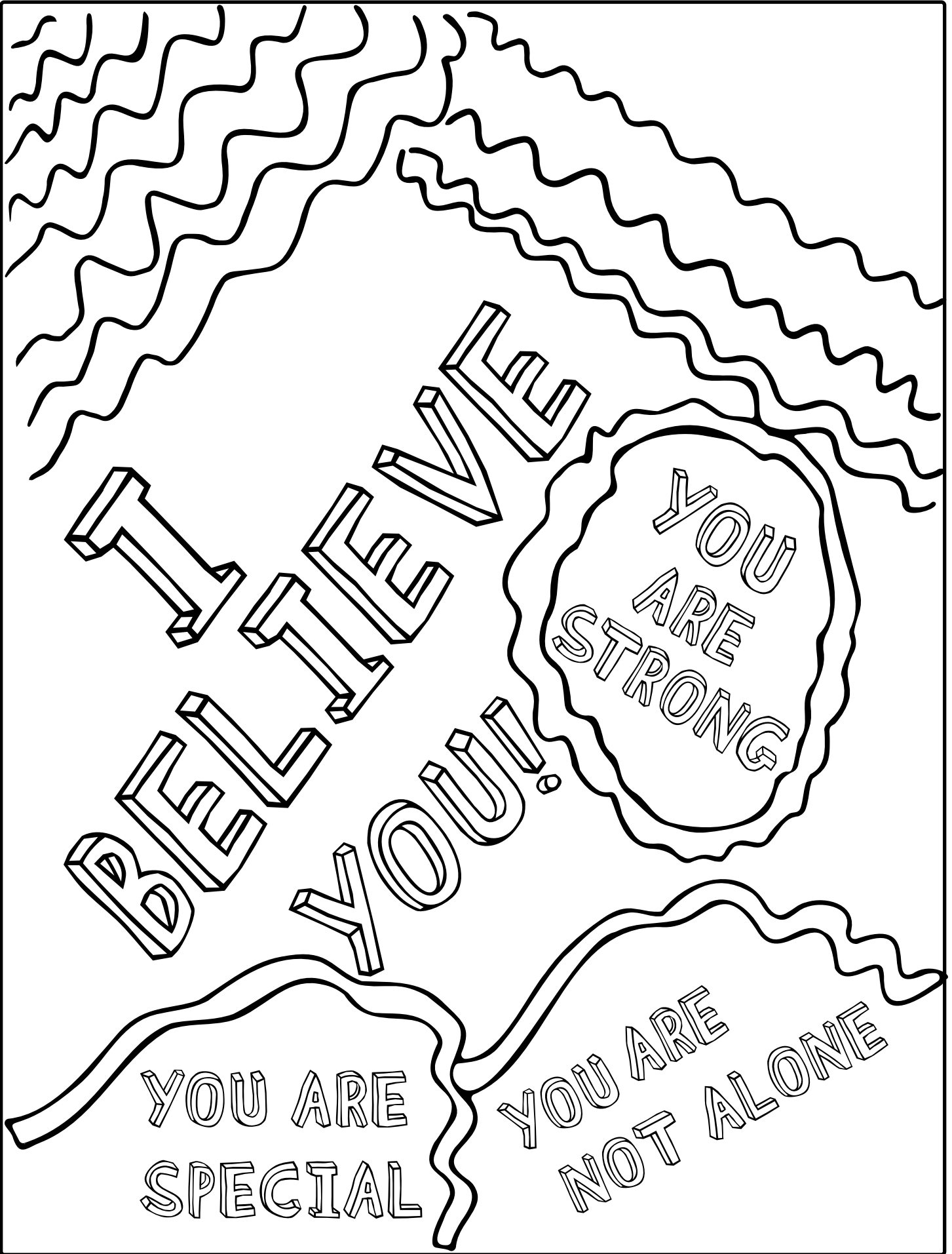


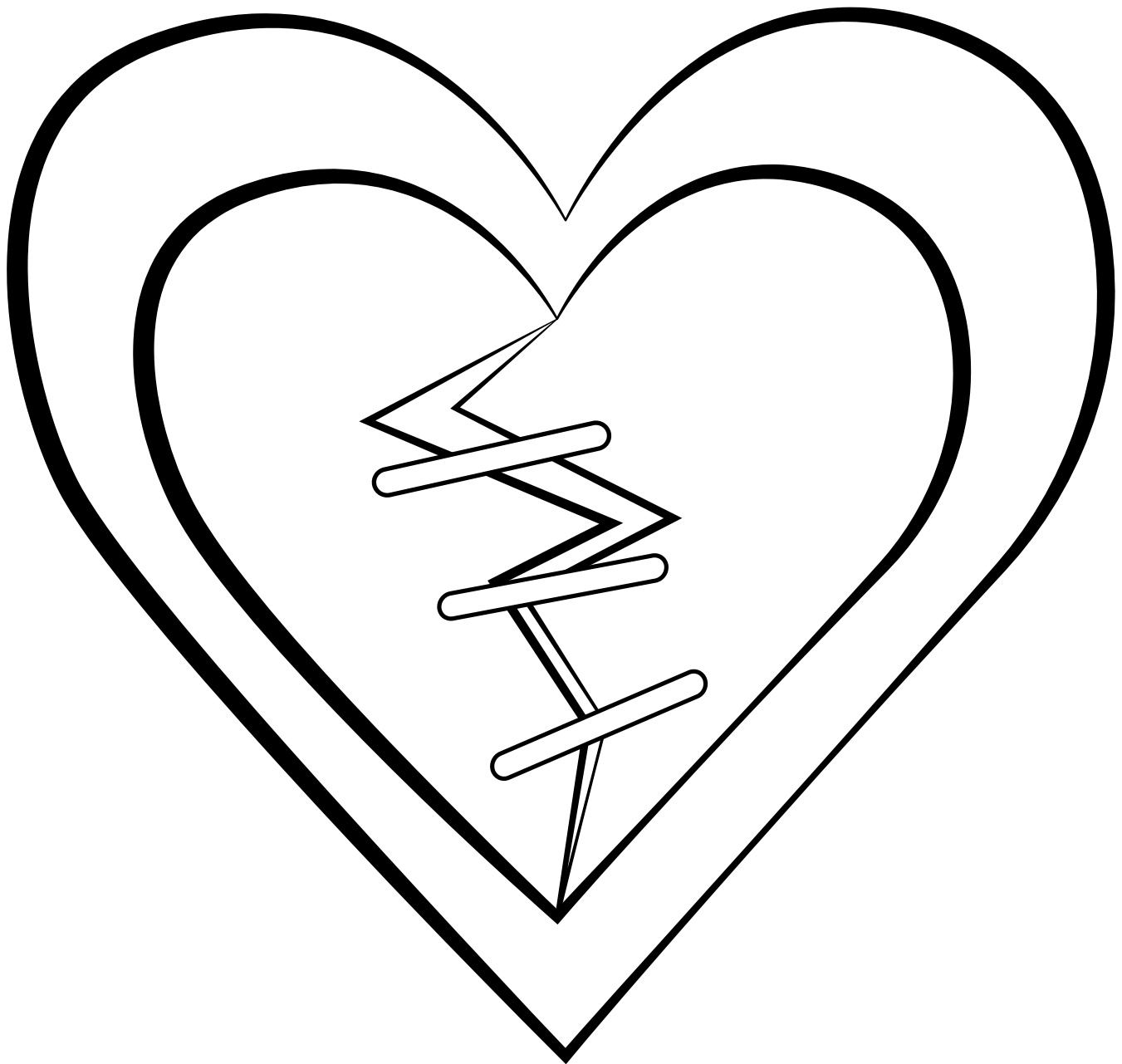
Please  
listen to me  
... I want  
to be heard



DON'T  
STAY SILENT





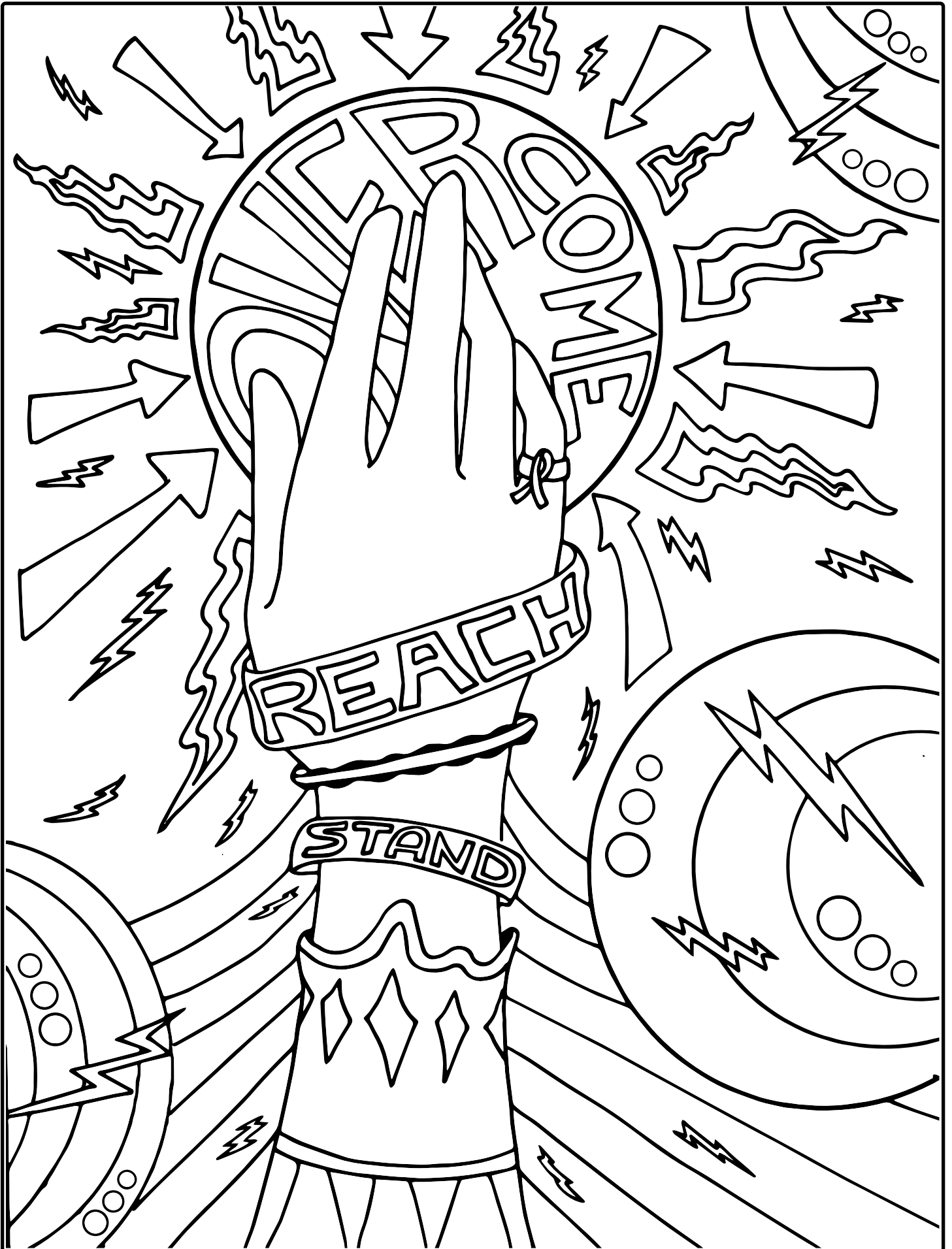


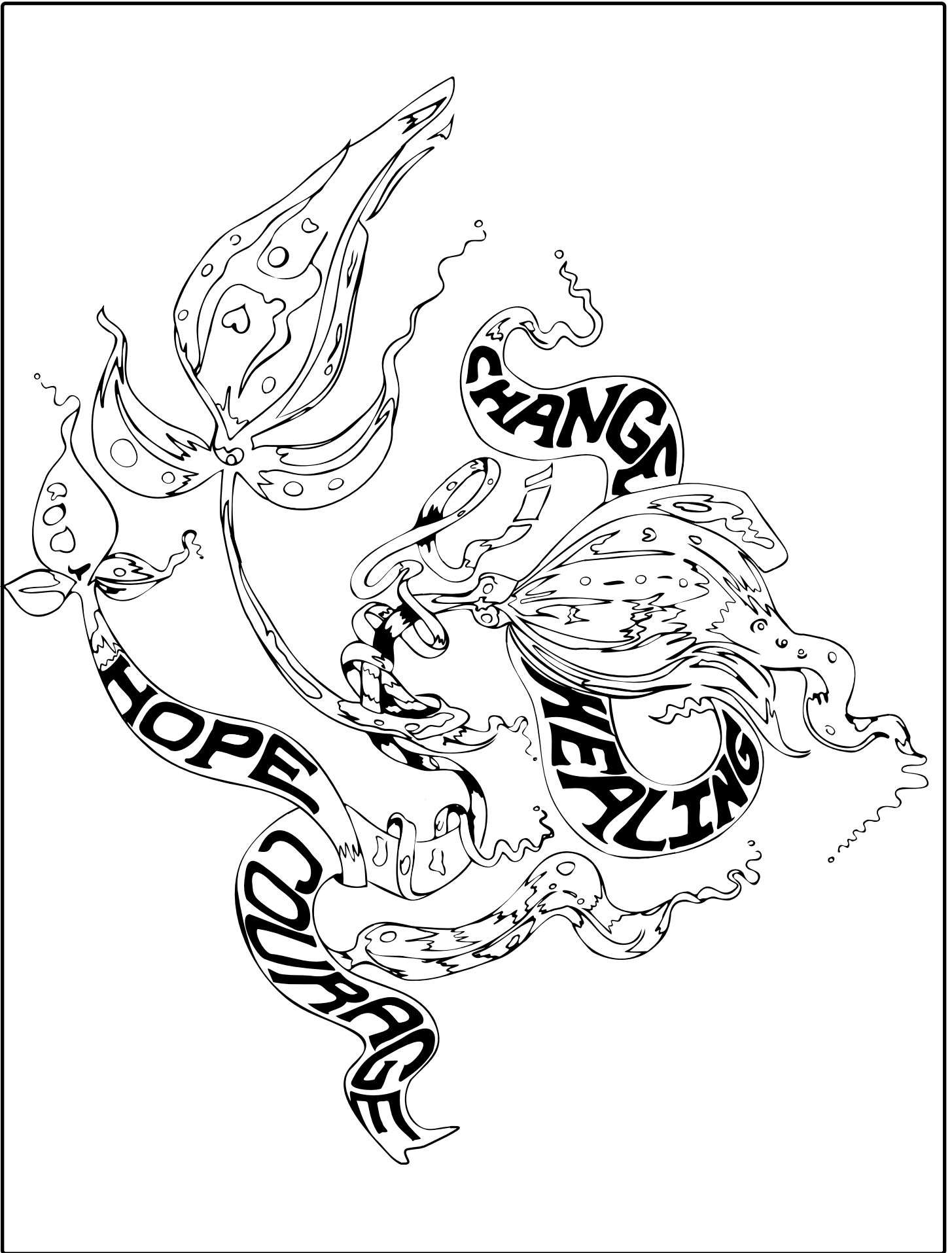
Before

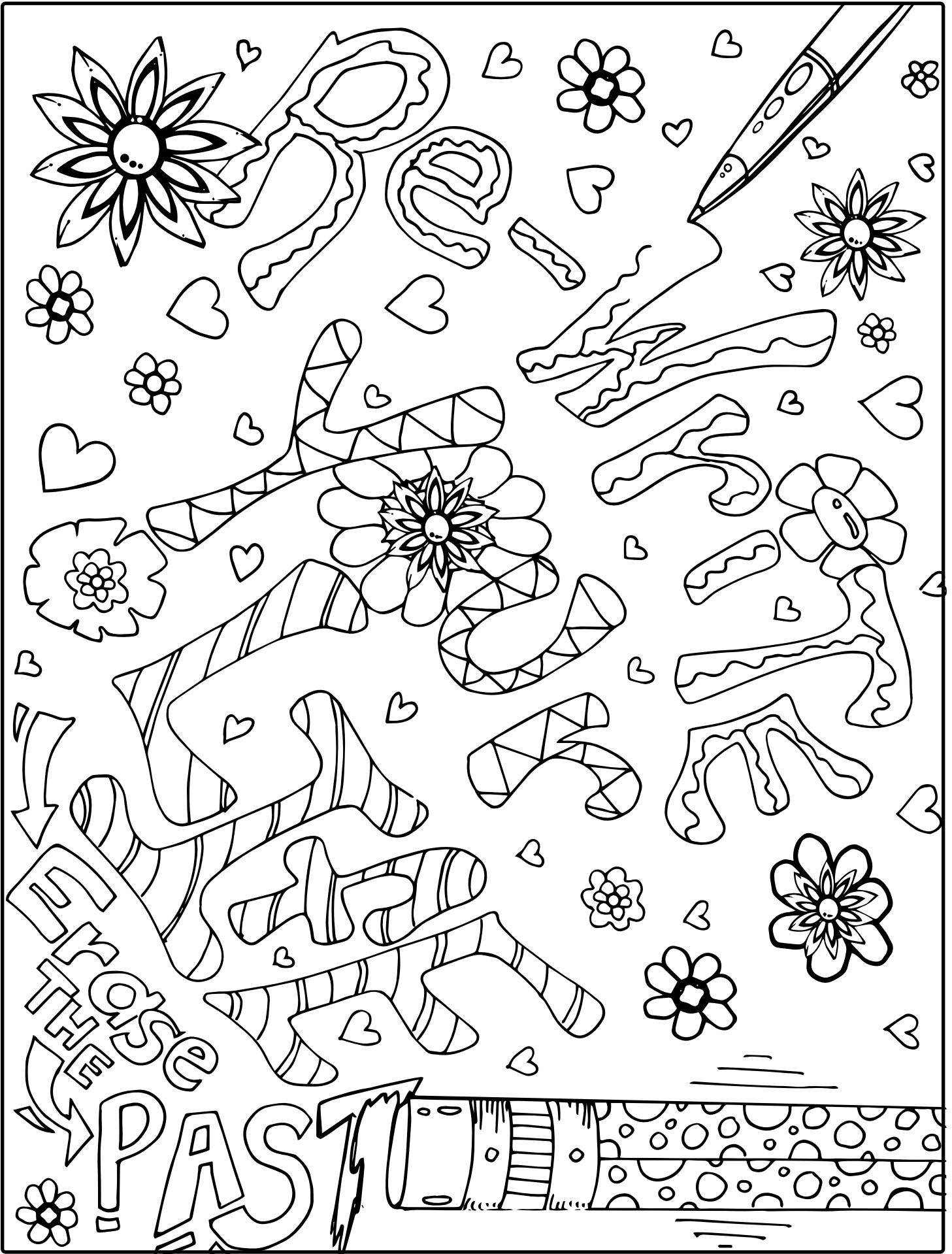
and After











She gathered her strength and then she gripped the daisy and pulled it, ripped it from the ground, roots and all. The ground it was in was slowly poisoning it and she knew it was a risk to uproot it, plant it in rich, sweet ground, but she knew she had to try. For wasn't it better to try and risk, than inevitably be poisoned to death?

SURVIVAL.

POWER.

NURTURING. EARTH.

SUN. WATER. LIFE.

FREEDOM. PEACE.

AGENCY. LOVE...

were

what it

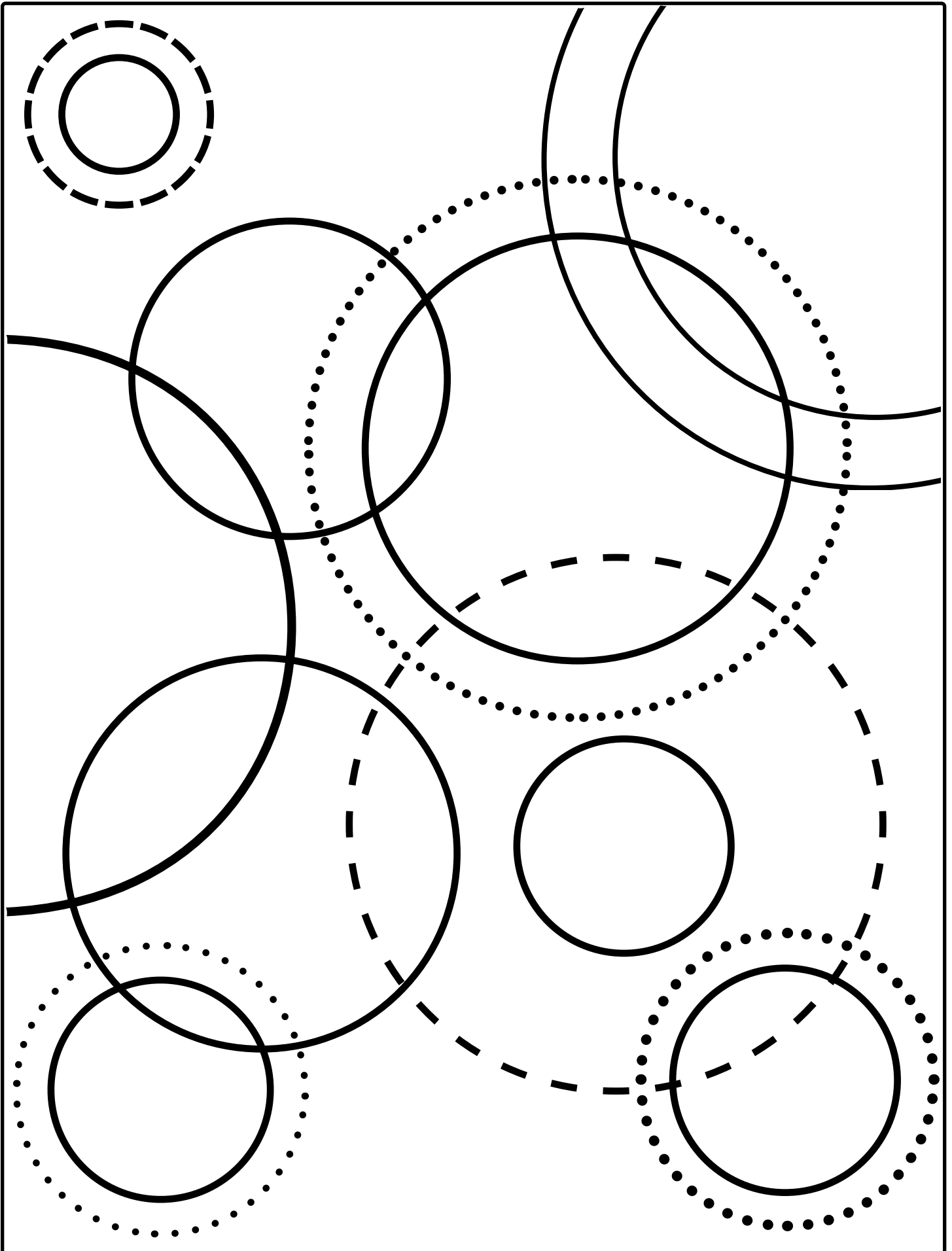
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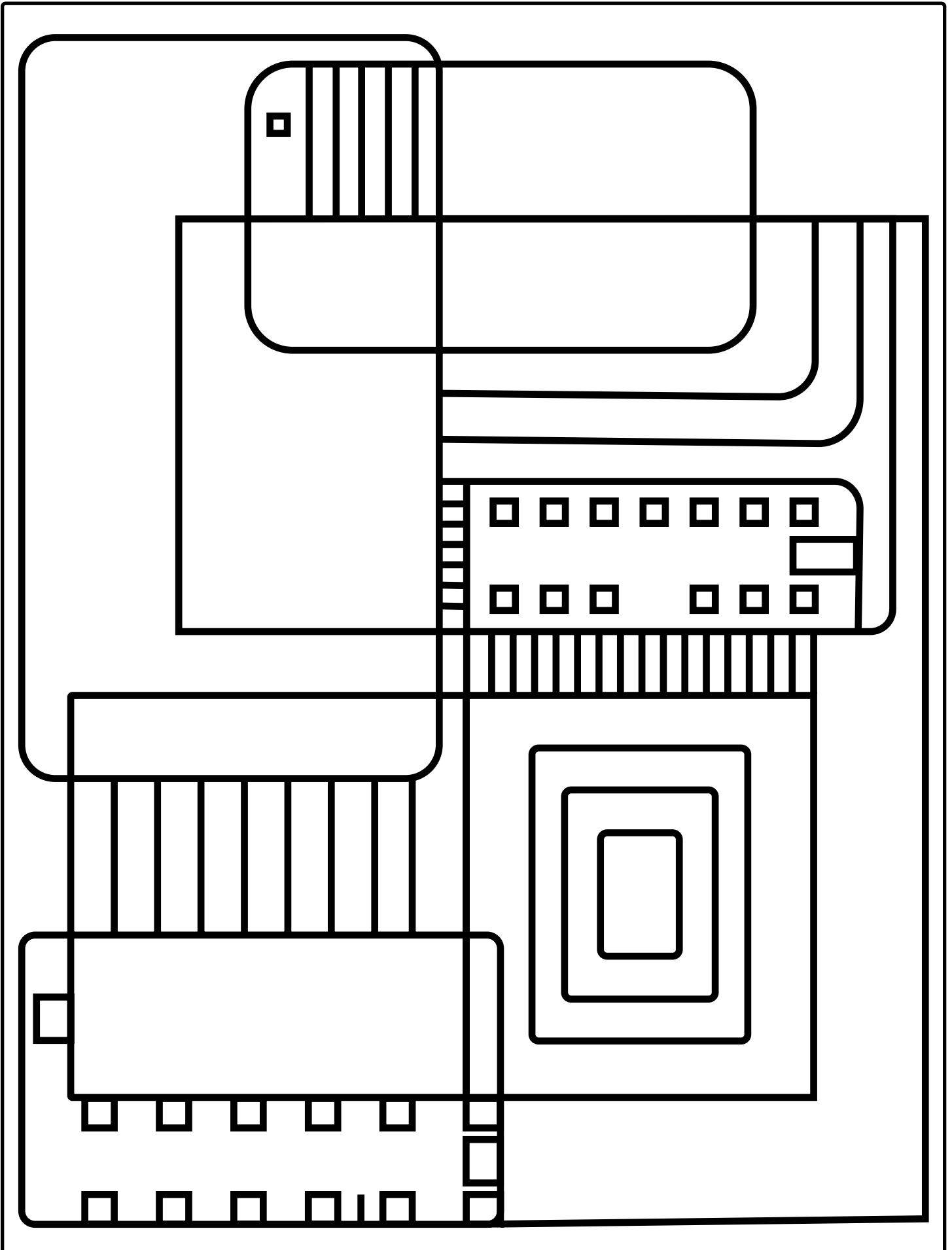
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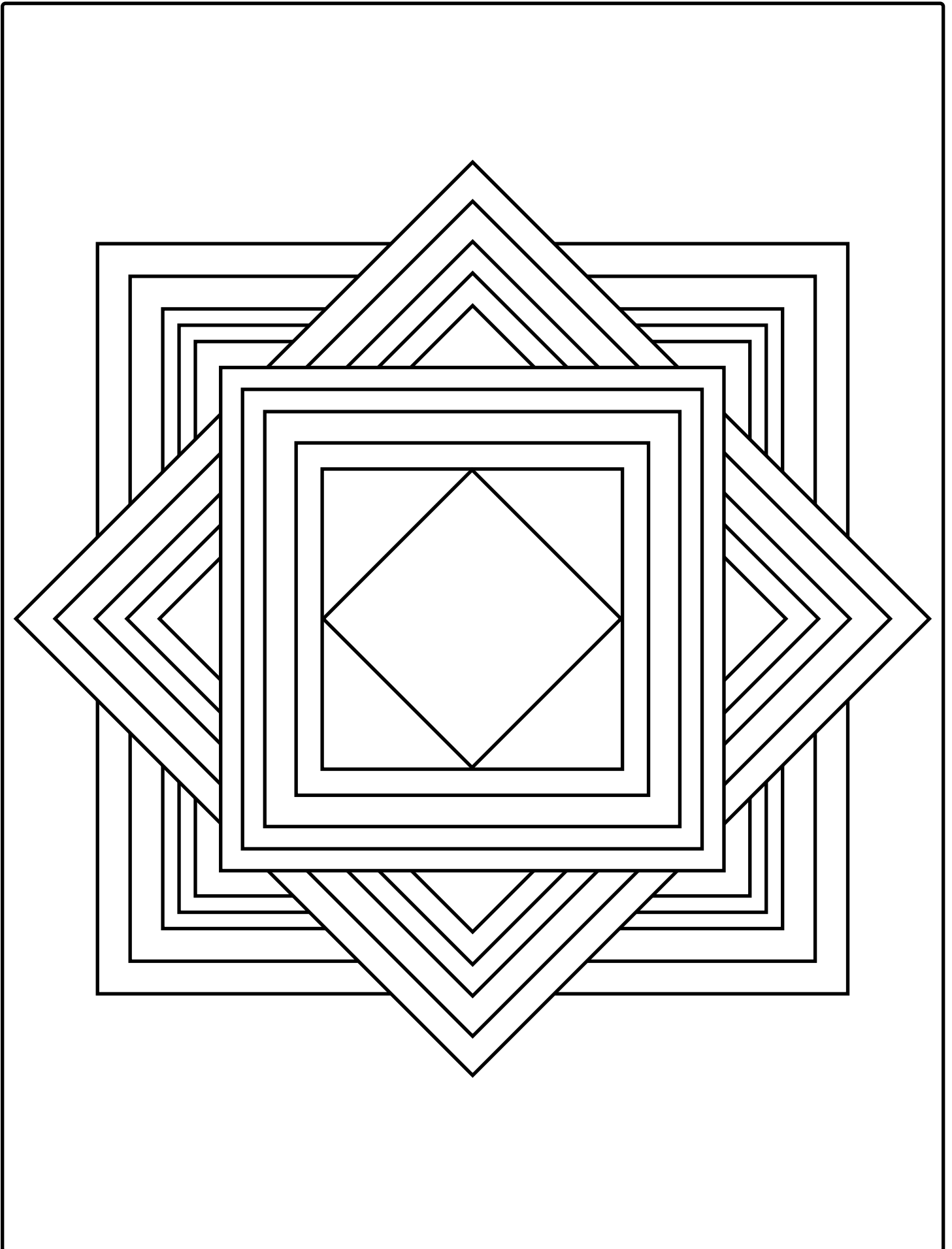
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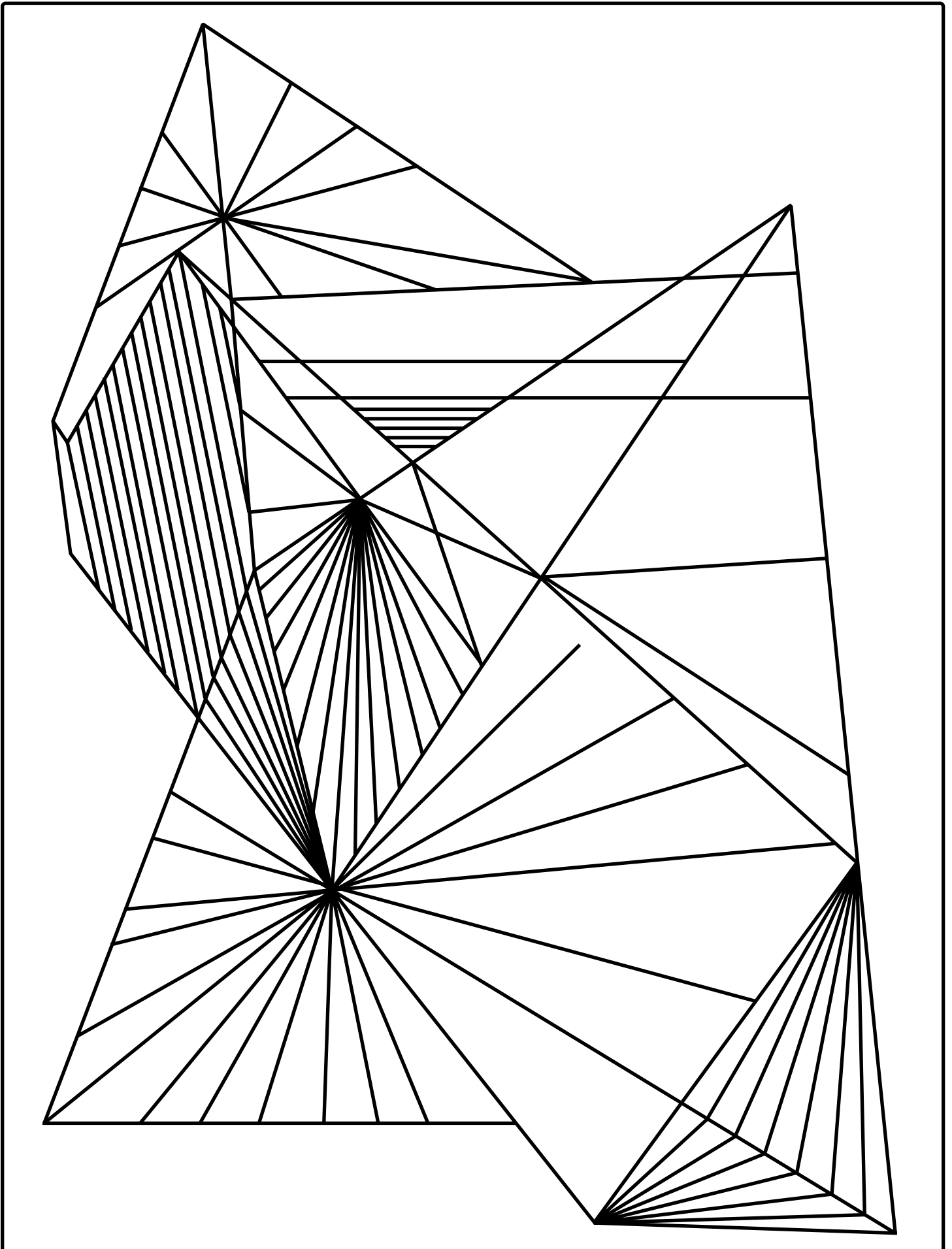
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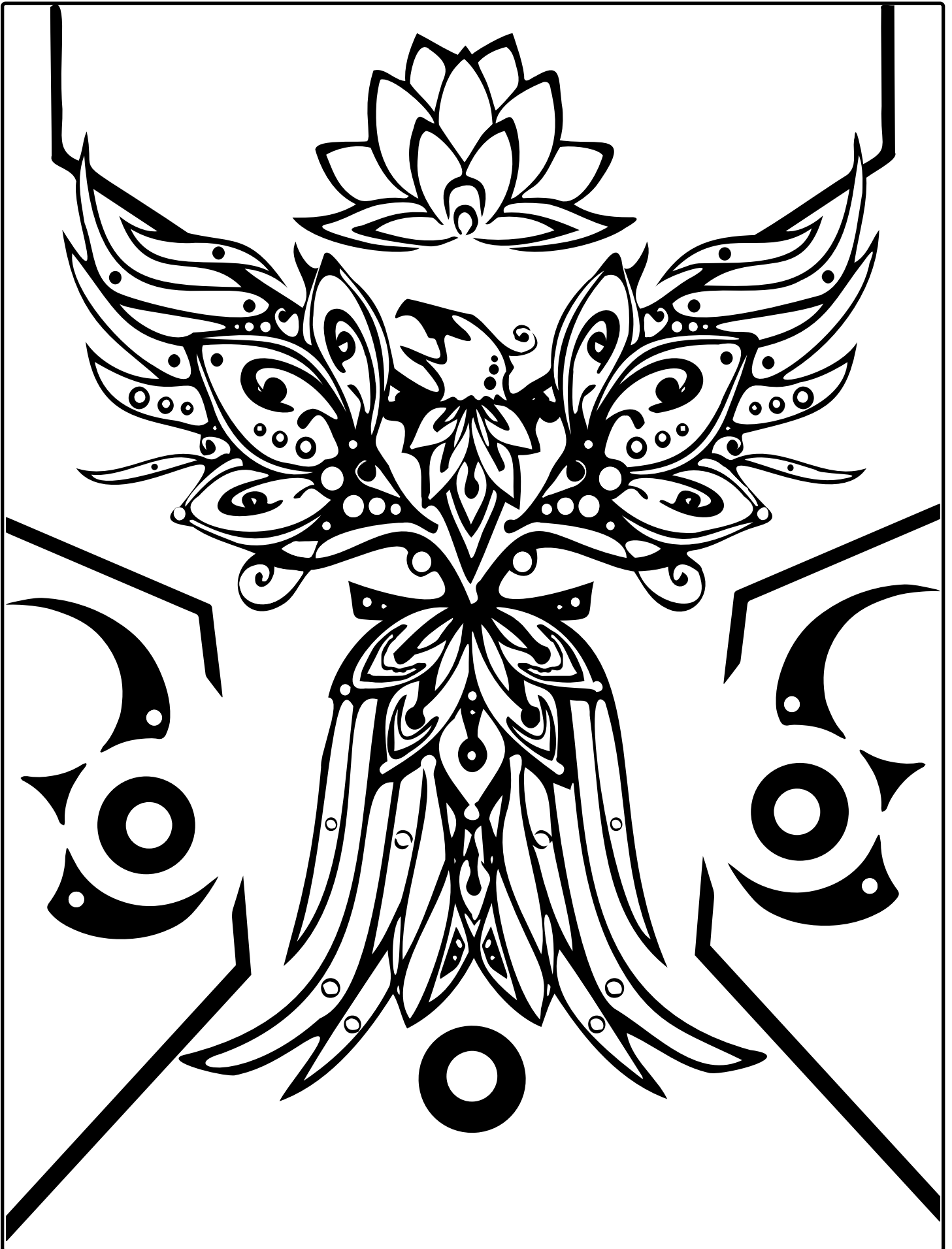


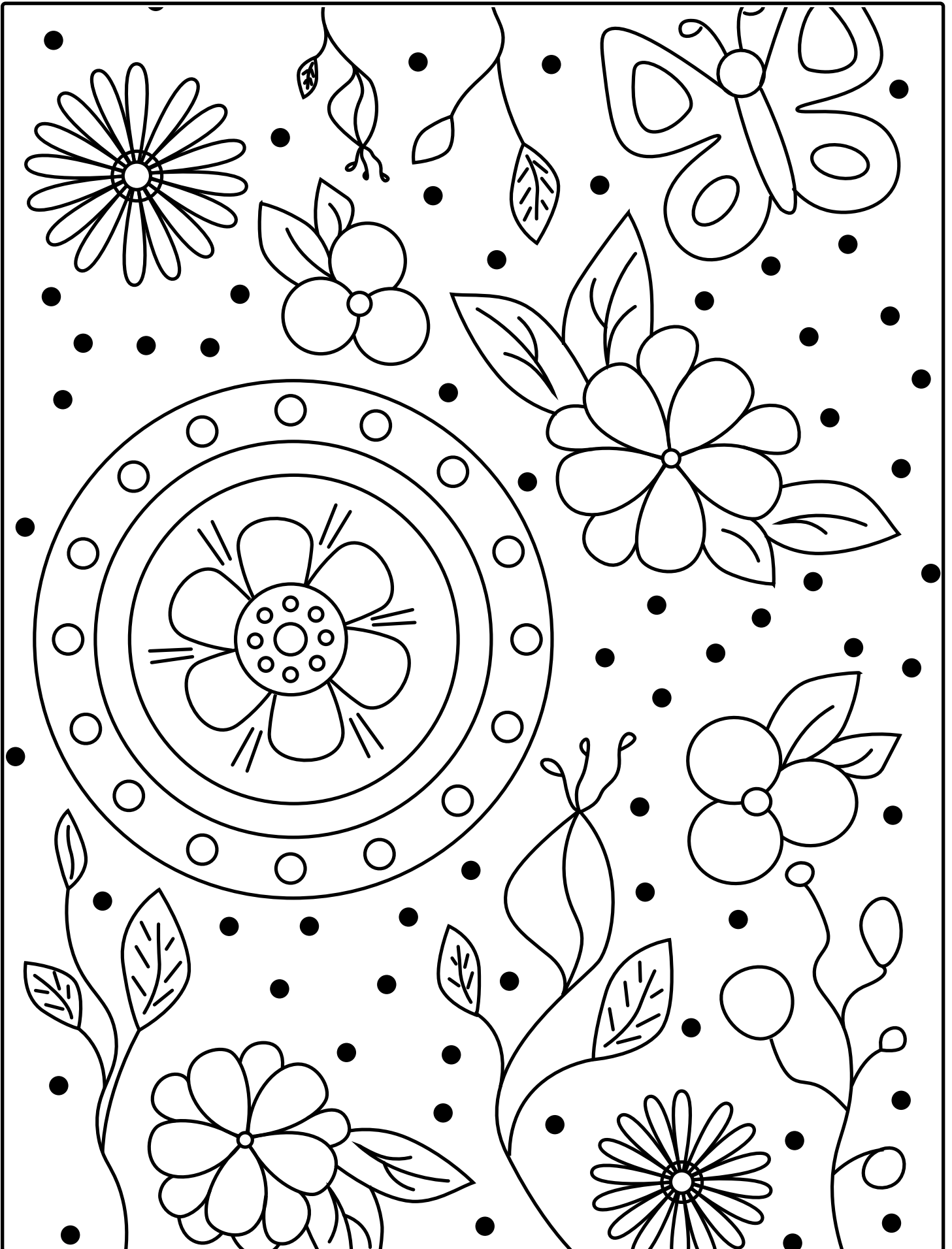


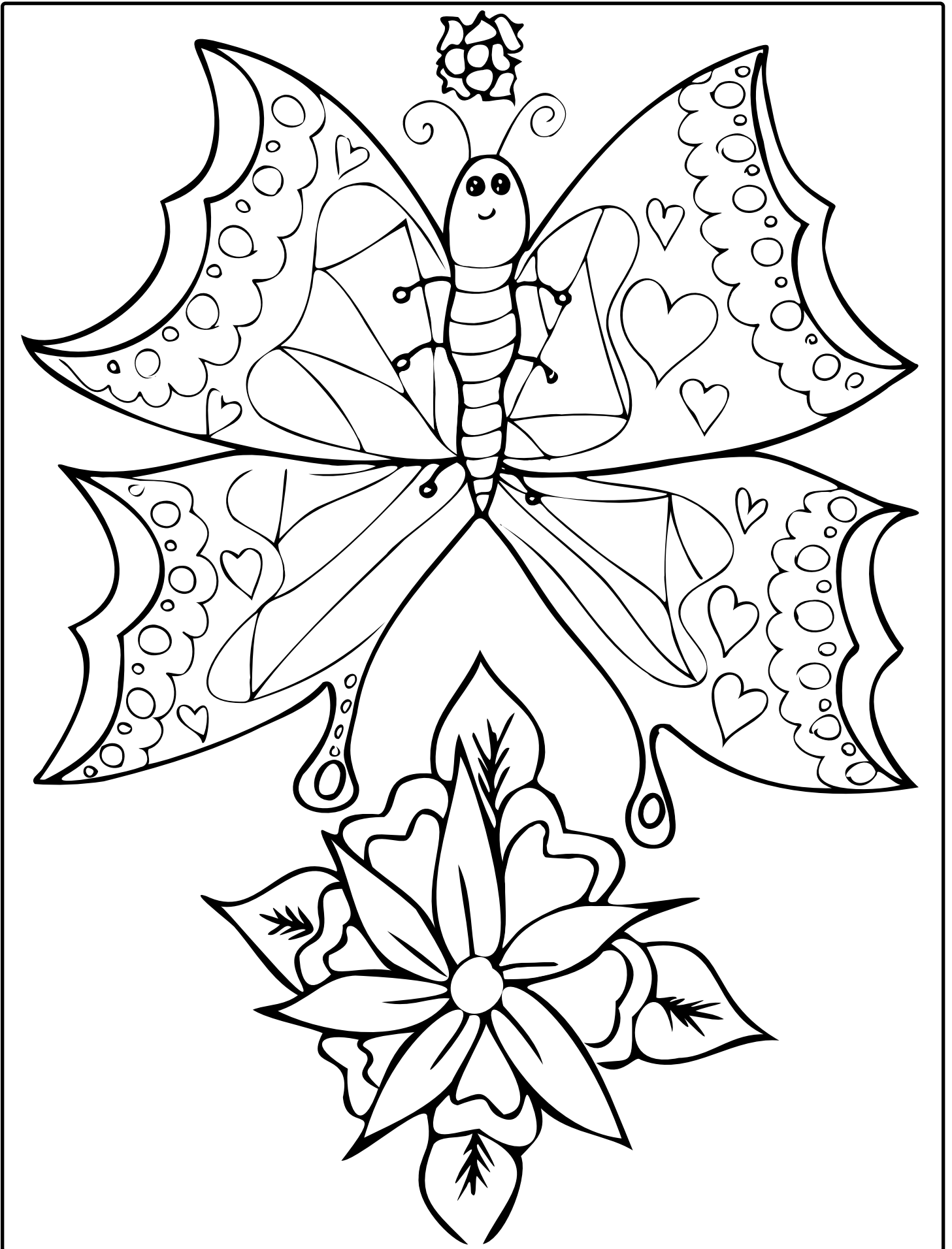




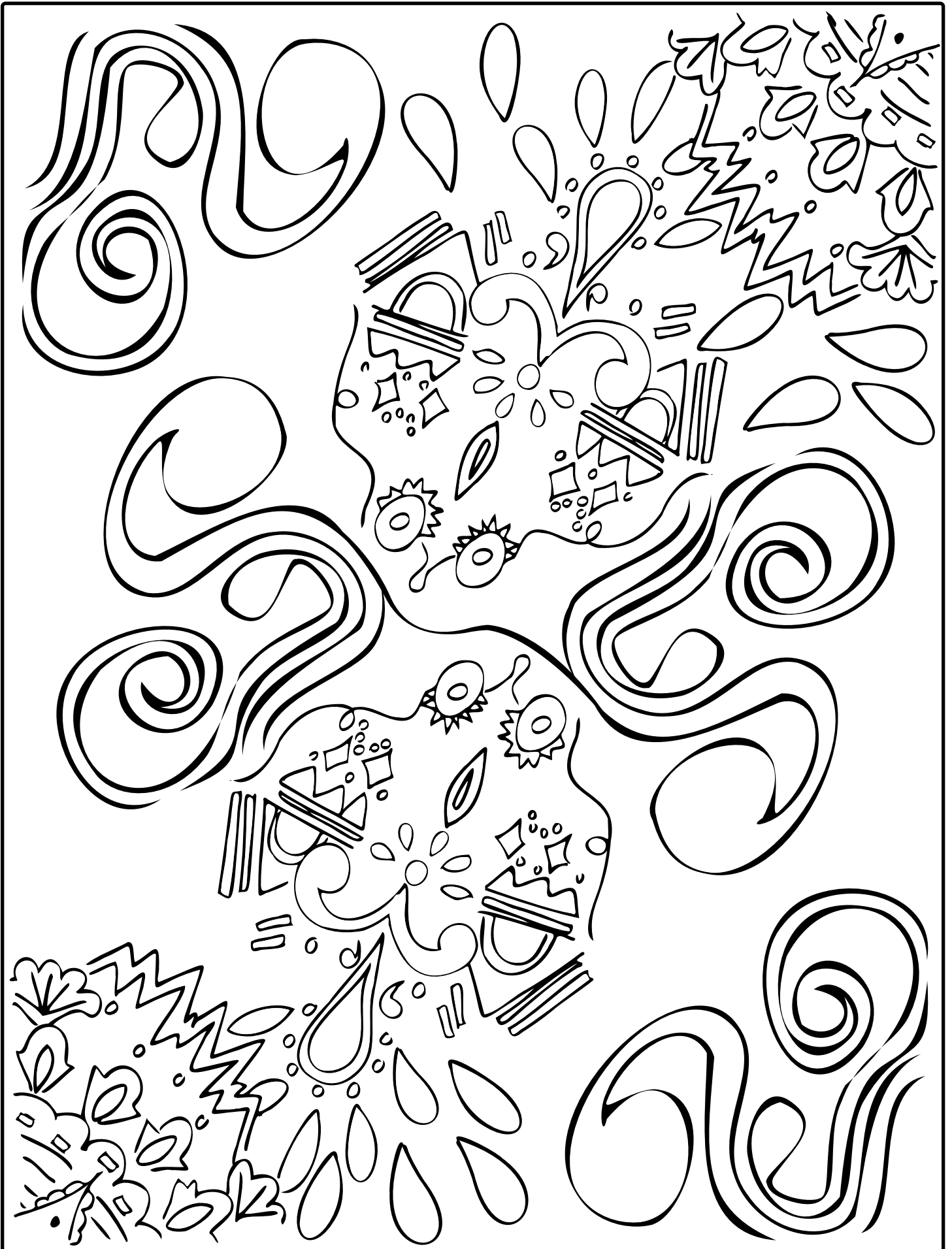


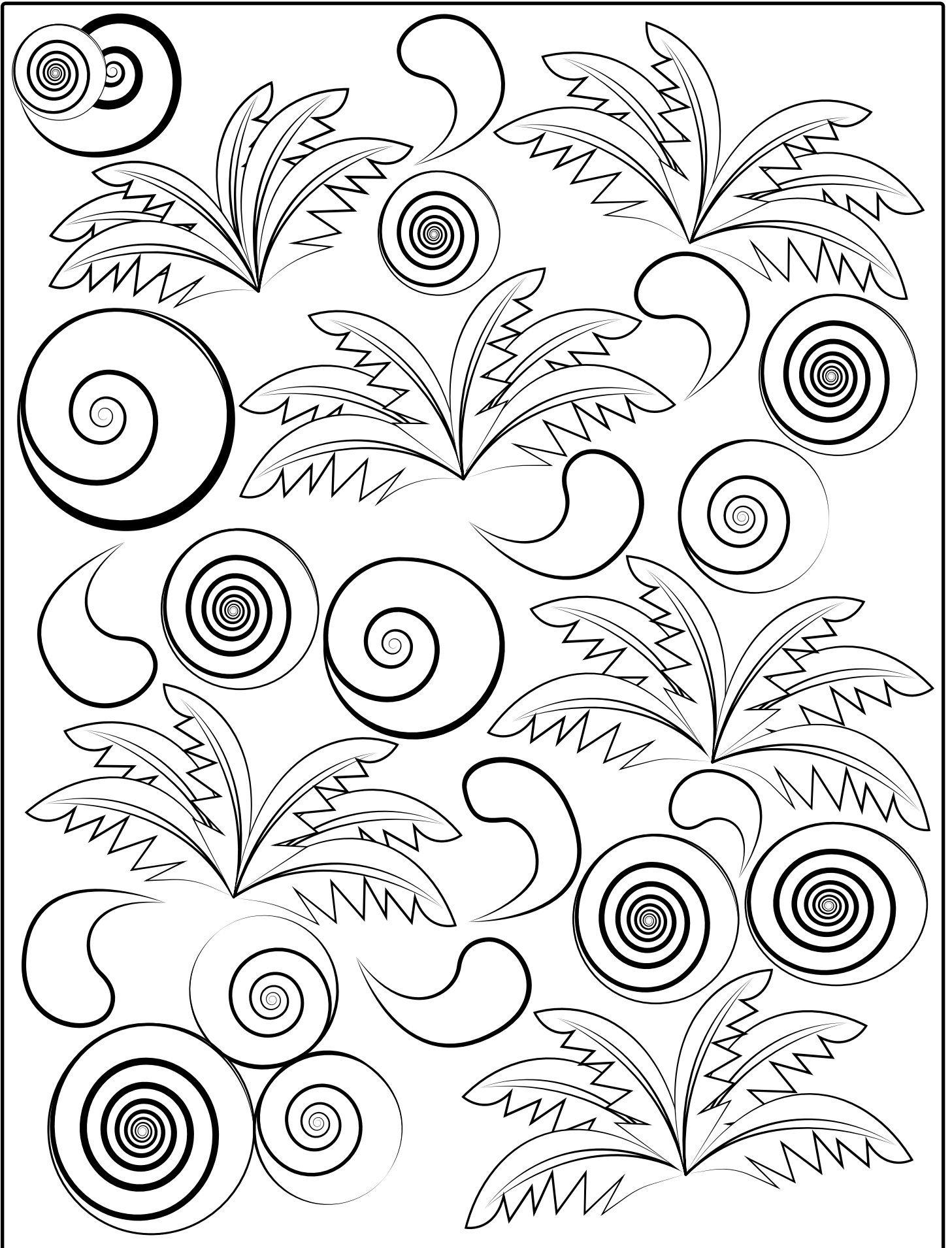


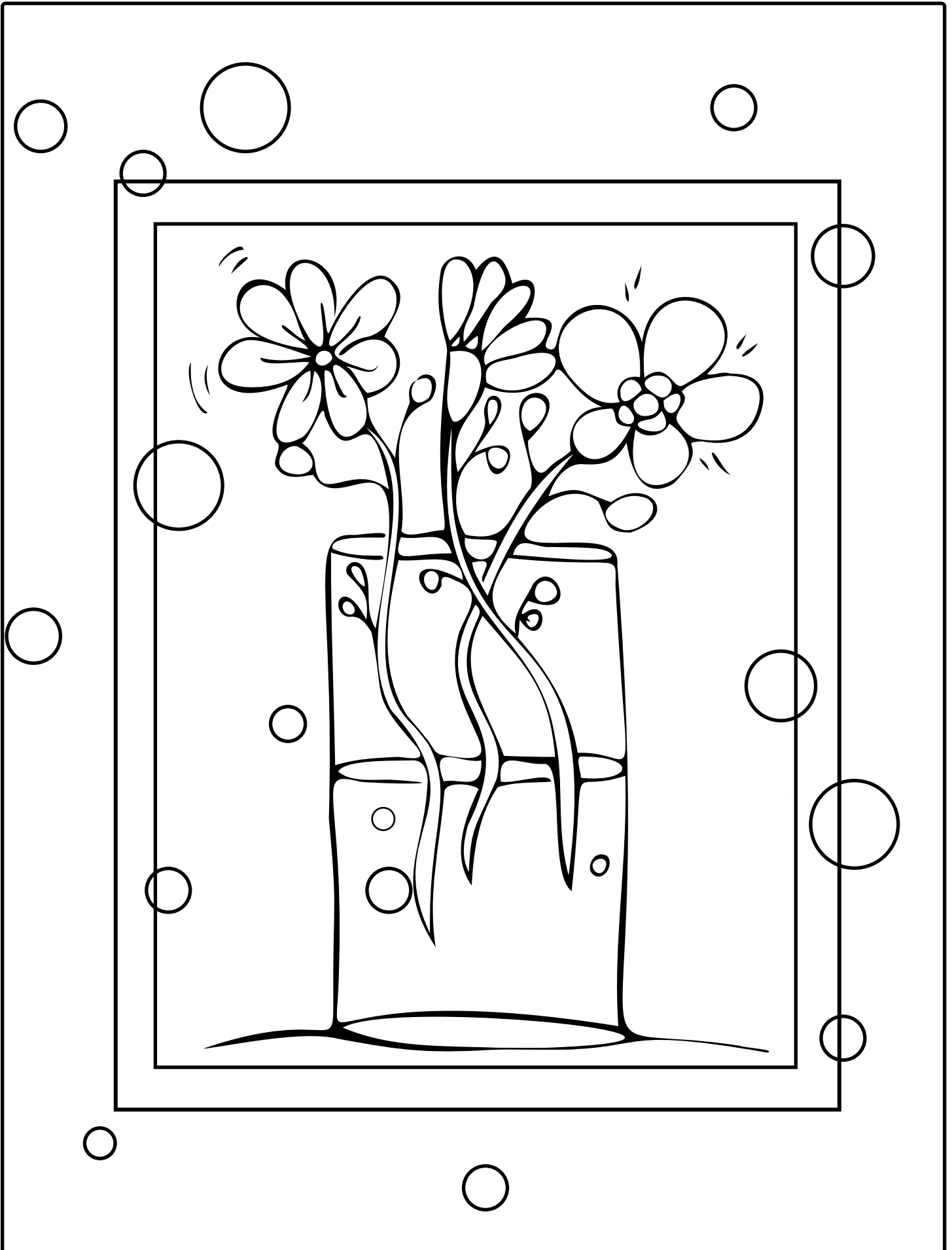


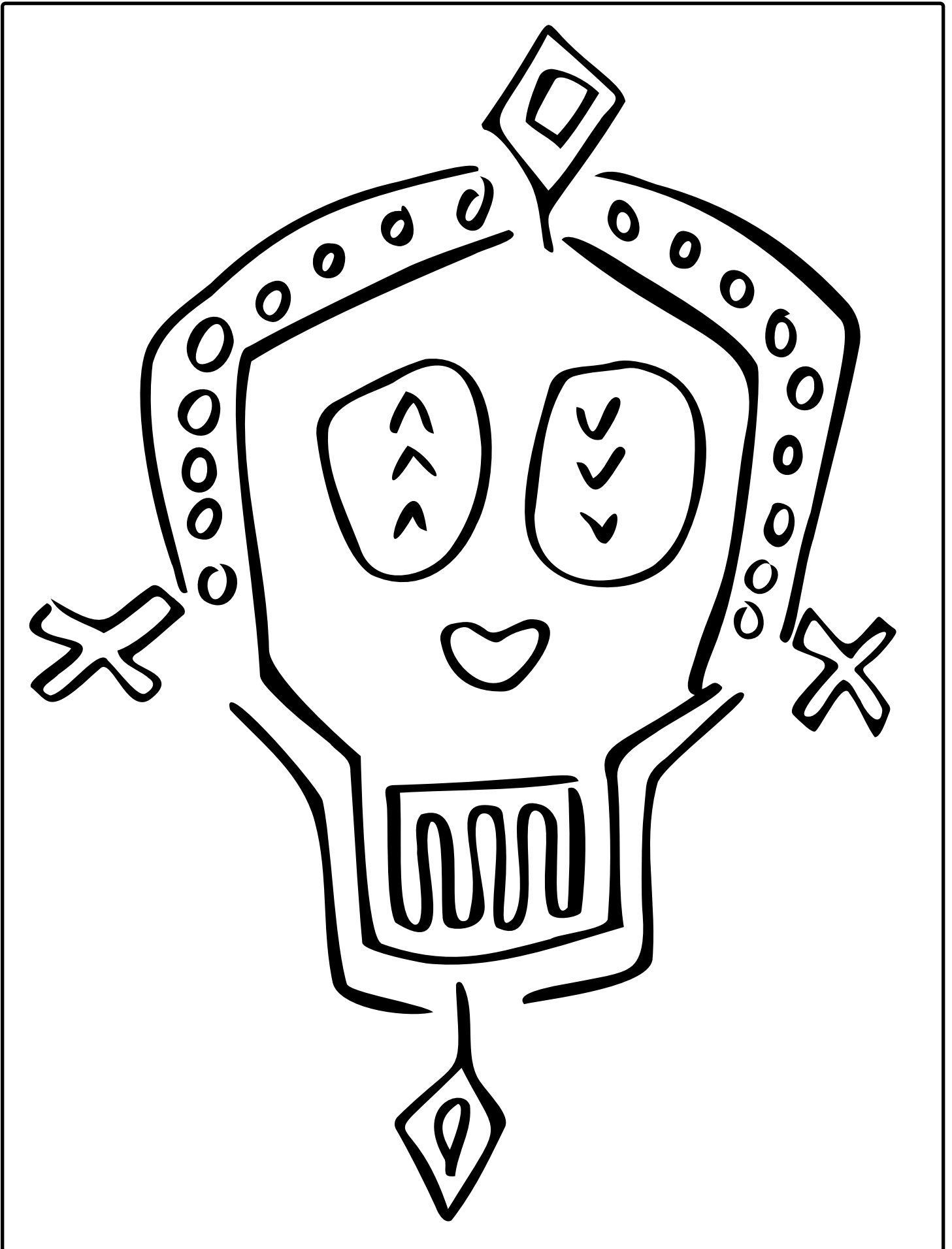




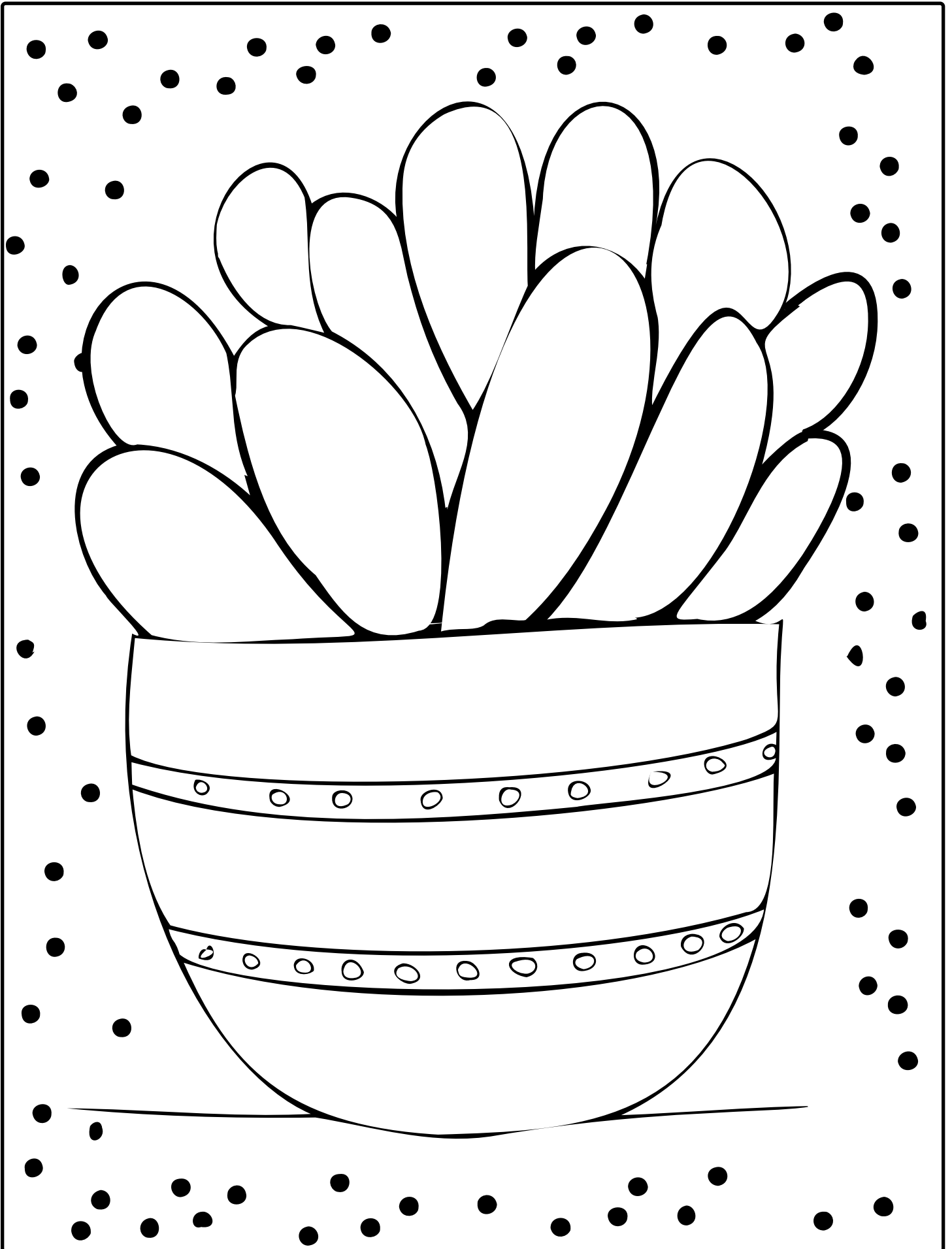


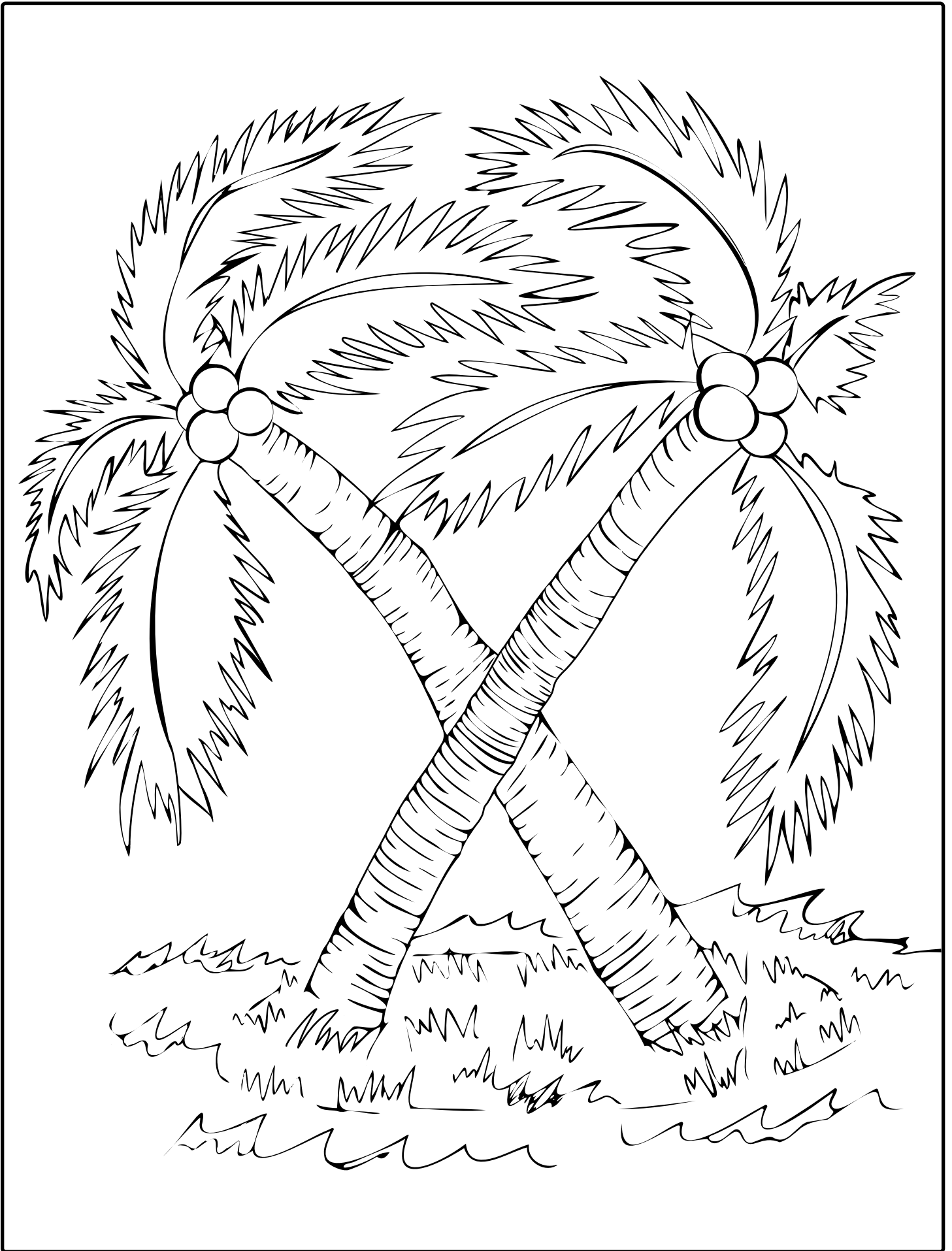


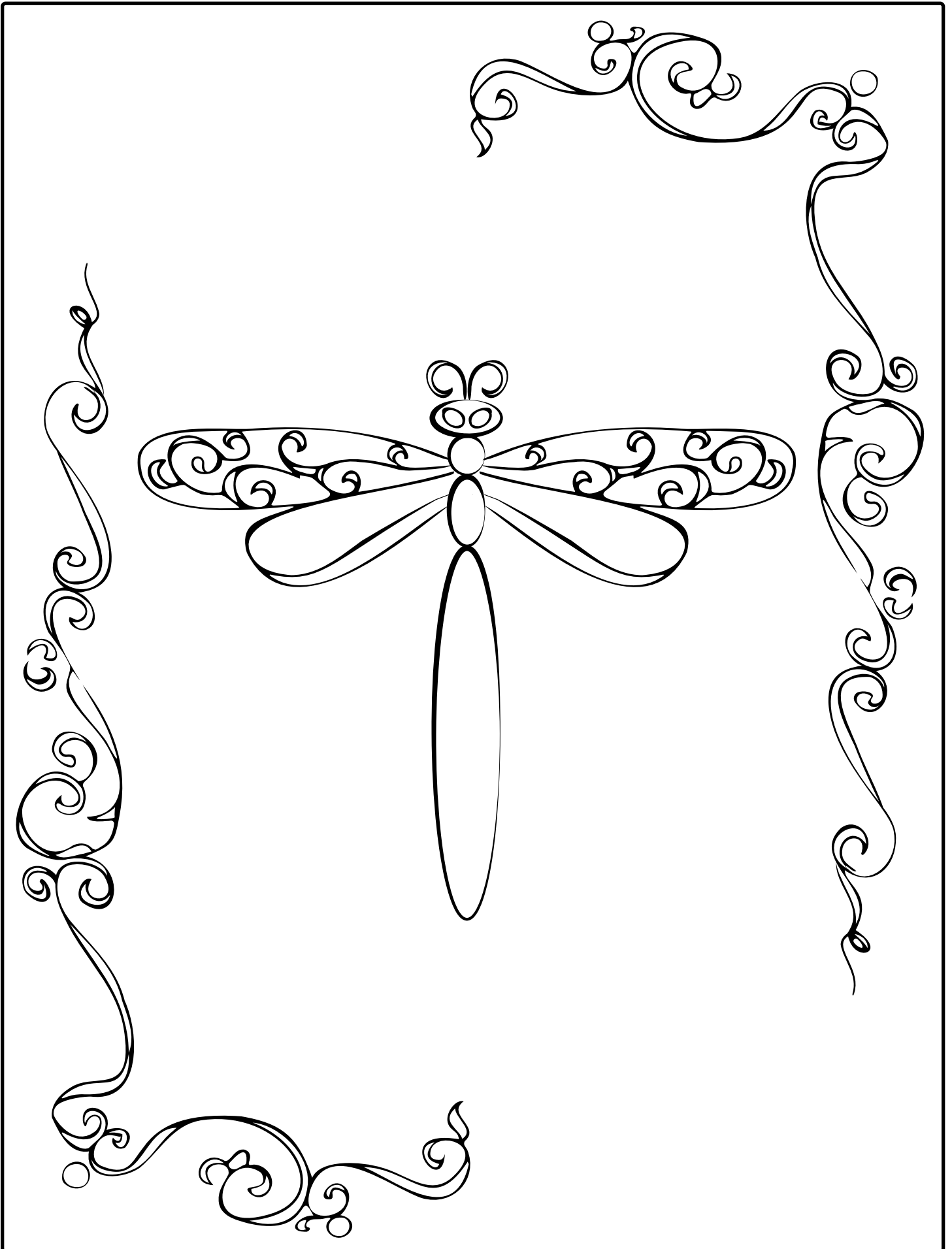


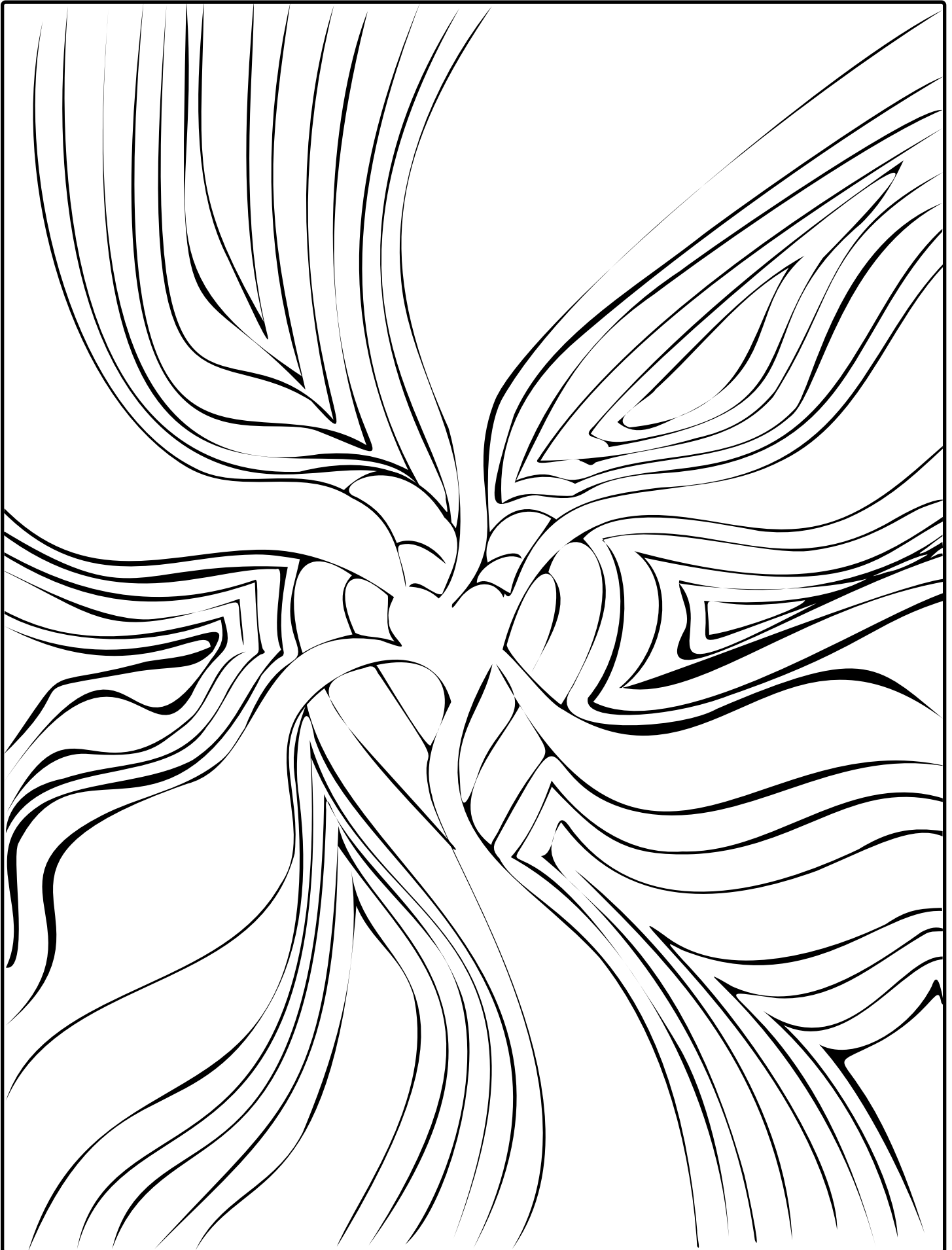


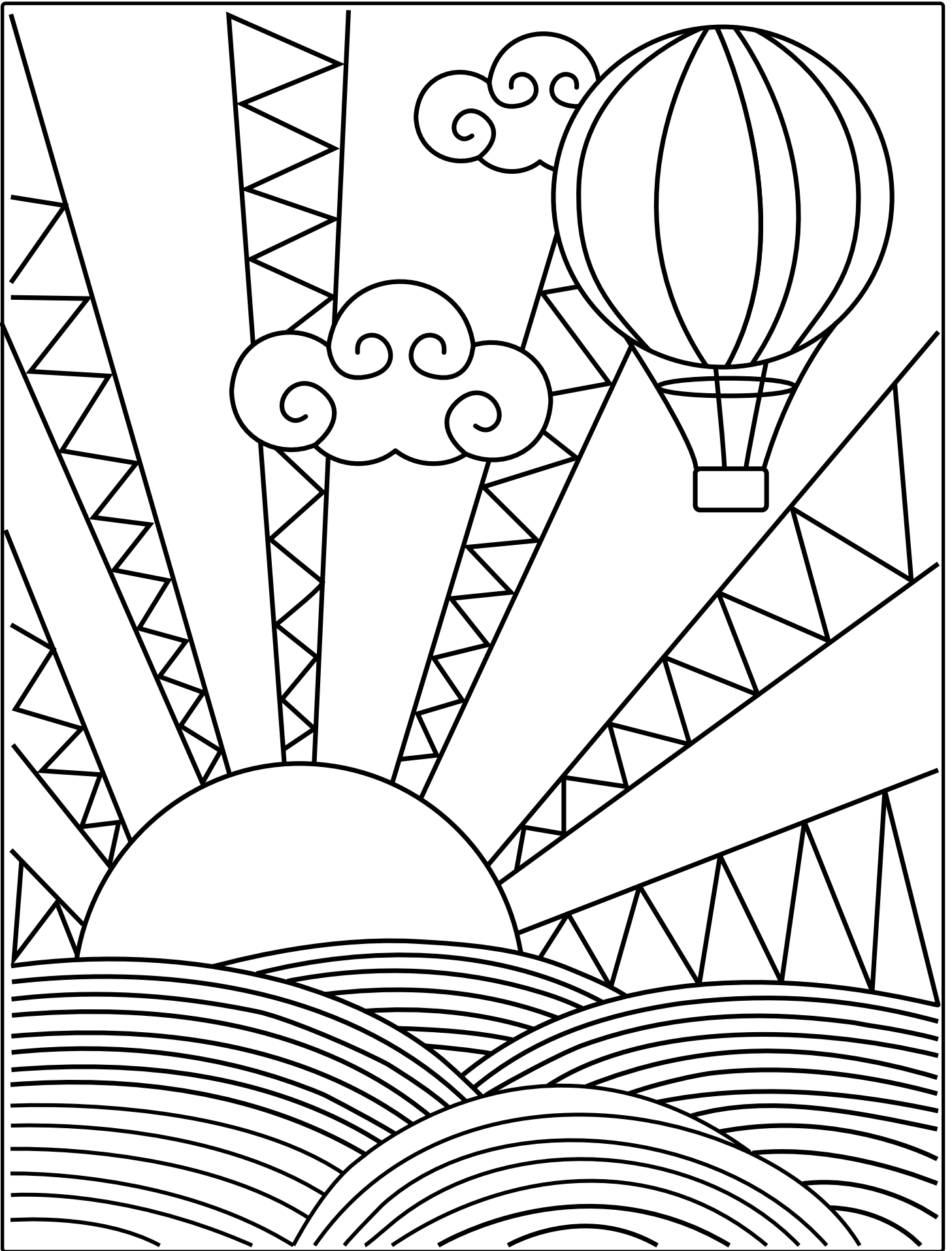


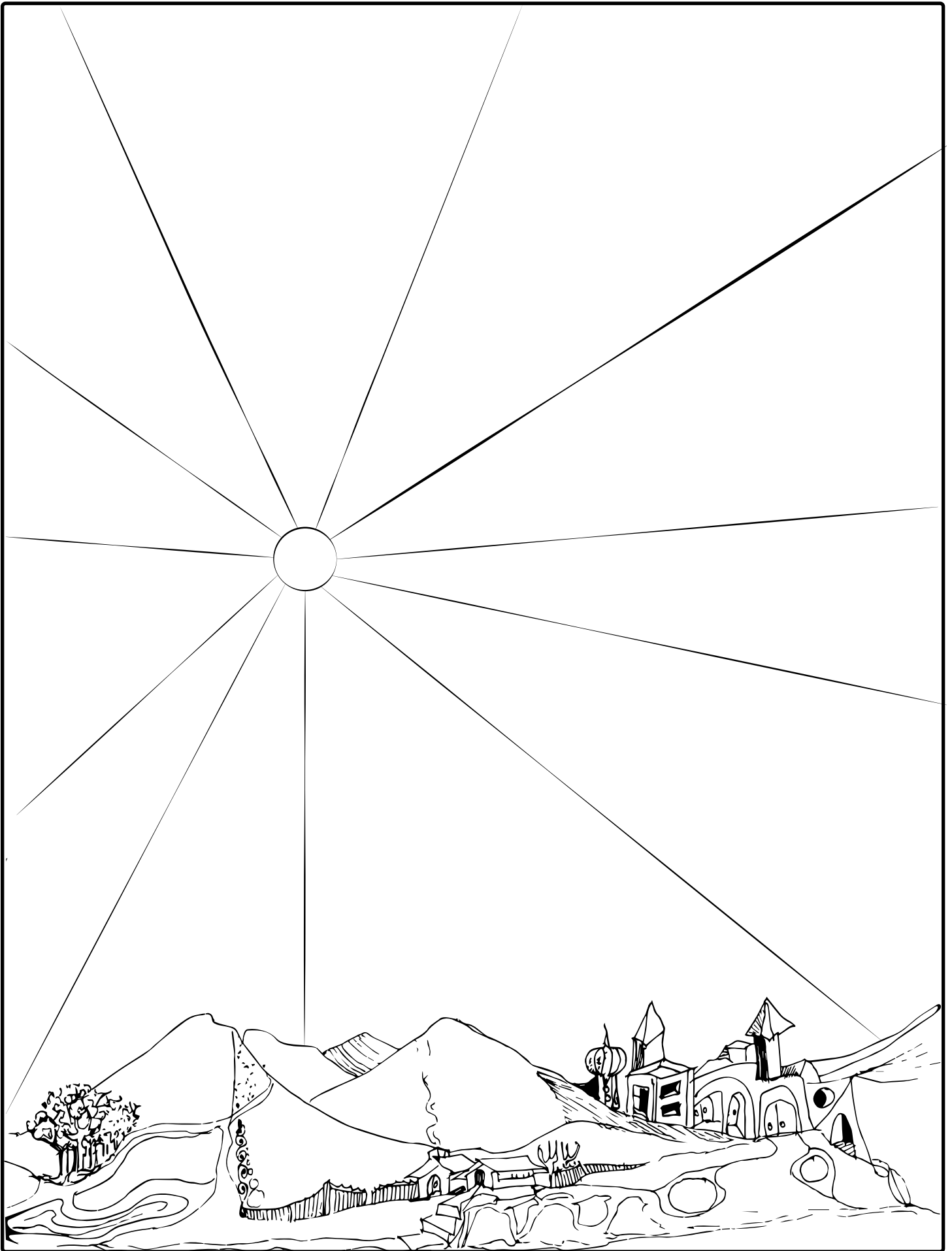


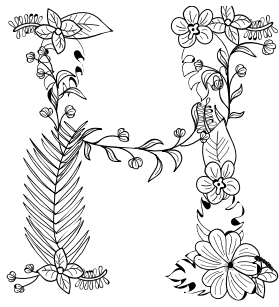












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# of VOICES

**T**he first VOICES committee was launched at the San Diego Family Justice Center in 2003 under the leadership of Assistant City Attorney Gael Strack, who was appointed as the Director of the San Diego Family Justice Center by then City Attorney Casey Gwinn. At the time, members of VOICES were recruited to serve as advisory committee members for the San Diego Family Justice Center, assist with trainings, provide feedback on services, and speak at various public events to bring awareness to services provided at the Family Justice Center.

**A** national movement to start VOICES Committees around the country was later supported by a Steering Committee, Chaired by Yolanda Matos (Executive Director of Valley Crisis Center, Nampa, ID) and Co-Chaired by Dr. Diane Lass (Integrated Mental Health Services, San Diego FJC) and the Family Justice Center Alliance.

**I**n 2008, Blue Shield of California Foundation partnered with Alliance for HOPE International to create and support the VOICES Survivor Advocacy Network throughout California. The goal of this effort was to mobilize a network of survivors to advocate for victims who are in crisis.

**E**l primer comité de VOICES se lanzó en el Centro de Justicia Familiar de San Diego en 2003 bajo el liderazgo de la Asistente del Fiscal de la Ciudad Gael Strack, quien fue nombrada Directora del Centro de Justicia Familiar de San Diego por el entonces Fiscal de la Ciudad Casey Gwinn. En ese momento, los miembros de VOICES fueron reclutados para servir como miembros del comité asesor para el Centro de Justicia Familiar de San Diego, ayudar con capacitaciones, proporcionar reacciones a los servicios y hablar en varios eventos públicos para crear conciencia sobre los servicios prestados en el Centro de Justicia Familiar.

**U**n movimiento nacional para iniciar Comités de VOICES en todo el país fue luego apoyado por un Comité Directivo, presidido por Yolanda Matos (Directora Ejecutiva de Valley Crisis Center, Nampa, ID) y copresidido por la Dra. Diane Lass (Servicios Integrados de Salud Mental, San Diego FJC) y la Alianza de Centros de Justicia Familiar.

**E**n 2008, la Fundación Blue Shield of California se asoció con Alliance for HOPE International para crear y apoyar la red de defensa de sobrevivientes VOICES en todo California. El objetivo de este esfuerzo fue movilizar una red de sobrevivientes para abogar por las víctimas que están en crisis.

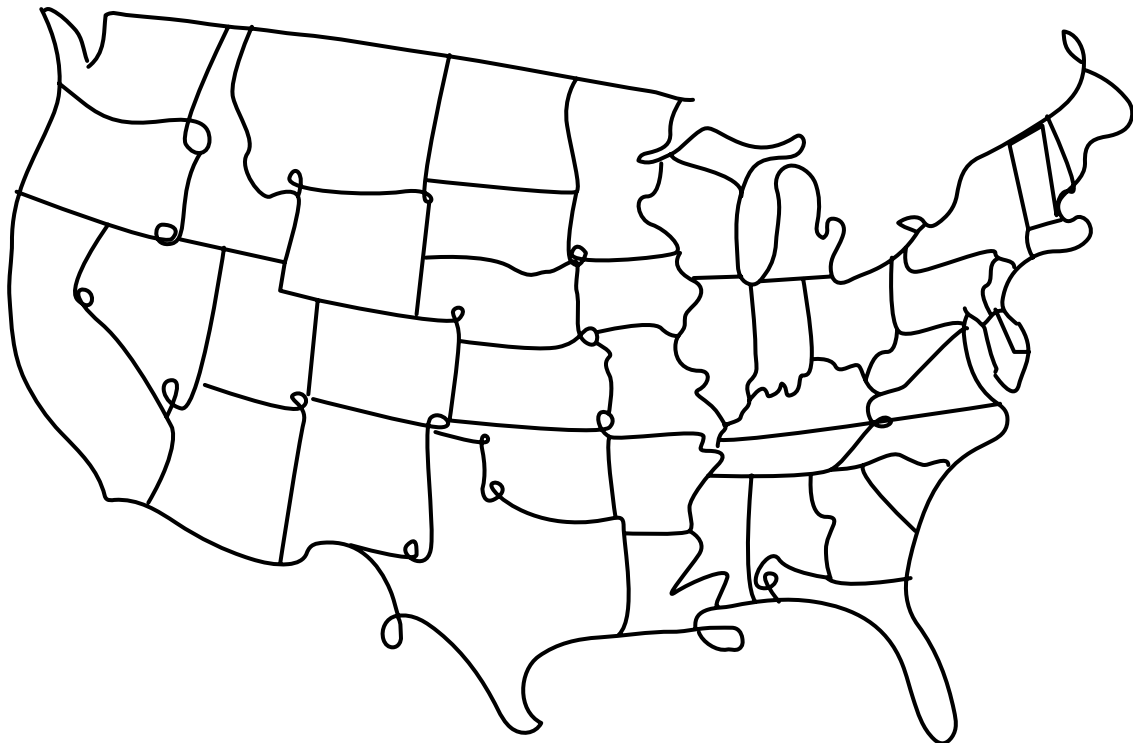


# National Work

## Trabajo Nacional

**T**oday, VOICES is developing an outreach effort to create a nationwide group of survivors to educate the public about family violence, as well as support new and existing Centers. It is the vision of active chapters to connect and engage with other VOICES chapters nationally in order to collaborate on ideas, share news, and celebrate successes. The role of Alliance for HOPE International is to support chapters, help them network, and provide technical assistance to Centers wishing to establish a VOICES Committee in their community.

**H**oy, VOICES está desarrollando un esfuerzo de divulgación para crear un comité de sobrevivientes a nivel nacional para educar al público sobre la violencia familiar, así como para apoyar Centros nuevos y existentes. La visión de los comités activos es conectarse e interactuar con otros comités de VOICES a nivel nacional para colaborar en ideas, compartir noticias y celebrar éxitos. El papel de Alliance for HOPE International es apoyar los comités, ayudarlos a establecer contactos y brindar asistencia técnica a los Centros que deseen establecer un Comité de VOICES en su comunidad.







**T**he VOICES Survivor Advocacy Network is a program of **Alliance for HOPE International**, one of the leading systems and social change organizations in the country focused on creating innovative, collaborative, trauma-informed, hope-centered approaches to meeting the needs of survivors of domestic violence, sexual assault, child abuse, elder abuse, and human trafficking. Alliance for HOPE International and its allied Family Justice Centers serve more than 150,000 survivors of domestic violence and sexual assault and their children each year in the United States. The Alliance supports Family Justice/Multi-Agency Centers through the Family Justice Center Alliance in 40 states and 25 countries and trains more than 10,000 multi-disciplinary professionals every year. In the organization's work with survivors of strangulation and suffocation assaults through the **Training Institute on Strangulation Prevention**, the focus is on direct support for survivors and training for doctors, nurses, police officers, prosecutors, advocates, and other professionals handling near and non-fatal strangulation cases. The Alliance also runs the largest camping and mentoring program in the country for children impacted by domestic violence - **Camp HOPE America**.

**V**OICES es un programa de **Alliance for HOPE International**, una organización líder en la lucha para el cambio del sistema de cambio social en el país, enfocado en la innovación, colaboración, información sobre el trauma centrado en la esperanza para satisfacer las necesidades de l@s sobrevivientes de violencia doméstica, agresión sexual, abuso infantil, abuso de ancianos y tráfico de personas. Alliance for HOPE International y sus Centros de Justicia Familiar aliados atienden a más de 150,000 sobrevivientes de violencia doméstica y agresión sexual y sus hij@s cada año en los Estados Unidos. Alliance apoya a los Centros de Justicia Familiar / Multi-Agencias a través de la **Family Justice Center Alliance** en 40 estados y 25 países extranjeros y capacita a más de 10,000 profesionales multidisciplinarios cada año. En el trabajo de la organización con sobrevivientes de asaltos por estrangulamiento y asfixia a través del Training Institute on **Strangulation Prevention** (Instituto de Capacitación para la Prevención del Estrangulamiento), el enfoque se centra en el apoyo directo a los sobrevivientes y la capacitación de médicos, enfermeras, policías, fiscales, defensores y otros profesionales que trabajan en casos de estrangulamiento no-fatal. Alliance también dirige el mayor programa de campamento y tutoría en el país para niños afectados por la violencia doméstica - **Camp HOPE America**.



# Science of Hope

## Ciencia de la Esperanza

**T**he *Voices of Hope* coloring book was created to provide a pathway to hope and healing for survivors who are in crisis, as well as for their children. Hope is the single most important predictor of long-term outcomes in the lives of survivors. Alliance President Casey Gwinn and Dr. Chan Hellman published a book, *Hope Rising: How the Science of HOPE Can Change Your Life* (2018). In their book, they document outcomes from more than 2,000 published studies on hope and conclude: "In every published study of hope, every single one, hope is the single best predictor of well-being compared to any other measures of trauma recovery. This finding is consistently corroborated with other published studies from top universities showing that hope is the best predictor for a life well-lived." People with higher hope in their lives navigate their way through trauma better than people with lower hope in their lives. When the Hope Scores of children and adult survivors increase, they change their destiny and find a pathway to healing.

**E**l libro para colorear *Voices of Hope* se creó para proporcionar un camino hacia la Esperanza y la sanación de l@s sobrevivientes que están en crisis, así como para sus hij@s. La Esperanza es el predictivo más importante de los resultados a largo plazo en la vida de l@s sobrevivientes. El presidente de Alliance for HOPE, Casey Gwinn, y el Dr. Chan Hellman publicaron un libro, *Hope Rising: How the Science of HOPE Can Change Your Life* (2018). En su libro, documentan los resultados de más de 2.000 estudios publicados sobre la esperanza y concluyen: "En cada estudio publicado sobre la Esperanza, en todos y cada uno, la Esperanza es el mejor predictivo del bienestar en comparación con cualquier otra medida de recuperación del trauma. Este hallazgo se corrobora constantemente con otros estudios publicados por las mejores universidades que muestran que la Esperanza es el mejor predictivo de una vida bien vivida." Las personas con más Esperanza en sus vidas navegan el trauma mejor que las personas con menos Esperanza en sus vidas. Cuando se aumenta la Esperanza de niñ@s y adult@s sobrevivientes, se cambia su destino y pueden encontrar un camino hacia la sanación.



# Active Chapters

*Comités Activos*

ALABAMA	
One Place VOICES Chapter	<b>BIRMINGHAM, AL</b> oneplacebirmingham.com
CALIFORNIA	
Stanislaus Family Justice Center VOICES Chapter	<b>MODESTO, CA</b> stanislausfamilyjustice.org
Alameda County Family Justice Center VOICES Chapter	<b>OAKLAND, CA</b> acfjc.org
Contra Costa Family Justice Center VOICES Chapter	<b>RICHMOND, CONCORD, &amp; ANTIOCH, CA</b> cocofamilyjustice.org
Sacramento Family Justice Center VOICES Chapter	<b>SACRAMENTO, CA</b> hopethriveshere.org
San Diego Family Justice Center VOICES Chapter	<b>SAN DIEGO, CA</b> sandiego.gov/sandiegofamilyjusticecenter
Family Justice Center of Sonoma County VOICES Chapter	<b>SANTA ROSA, CA</b> fjcsc.org
Strength United VOICES Chapter	<b>VAN NUYS, CA</b> csun.edu/eisner-education/ strength-united/family-justice-center
CONNECTICUT	
The Center for Family Justice VOICES Chapter	<b>BRIDGEPORT, CT</b> centerforfamilyjustice.org
INDIANA	
Family Justice Center of St. Joseph County VOICES Chapter	<b>SOUTH BEND, IN</b> fjcsjc.org

LOUISIANA	
Family Justice Center of Acadiana VOICES Chapter	<b>LAFAYETTE, LA</b> faithhouseacadiana.com/intervention/ family-justice-centers
NORTH CAROLINA	
Buncombe County Family Justice Center VOICES Chapter	<b>ASHEVILLE, NC</b> buncombecounty.org/ law-safety/family-justice-center
Family Justice Center of Alamance County VOICES Chapter	<b>BURLINGTON, NC</b> alamance-nc.com/fjc
NEW JERSEY	
Essex County Family Justice Center VOICES Chapter	<b>NEWARK, NJ</b> essexcountyfjc.org
TENNESSEE	
Metro Office of Family Safety VOICES Chapter	<b>NASHVILLE, TN</b> ofs.nashville.gov
TEXAS	
One Safe Place VOICES Chapter	<b>FORT WORTH, TX</b> onesafeplace.org
OKLAHOMA	
Family Safety Center VOICES Chapter	<b>TULSA, OK</b> fsctulsa.org
Palomar - Oklahoma City's Family Justice Center VOICES Chapter	<b>OKLAHOMA CITY, OK</b> palomarokc.org
OREGON	
Clackamas Women's Services VOICES Chapter	<b>OREGON CITY, OR</b> cwsor.org
WISCONSIN	
Sojourner Family Peace Center VOICES Chapter	<b>MILWAUKEE, WI</b> familypeacecenter.org

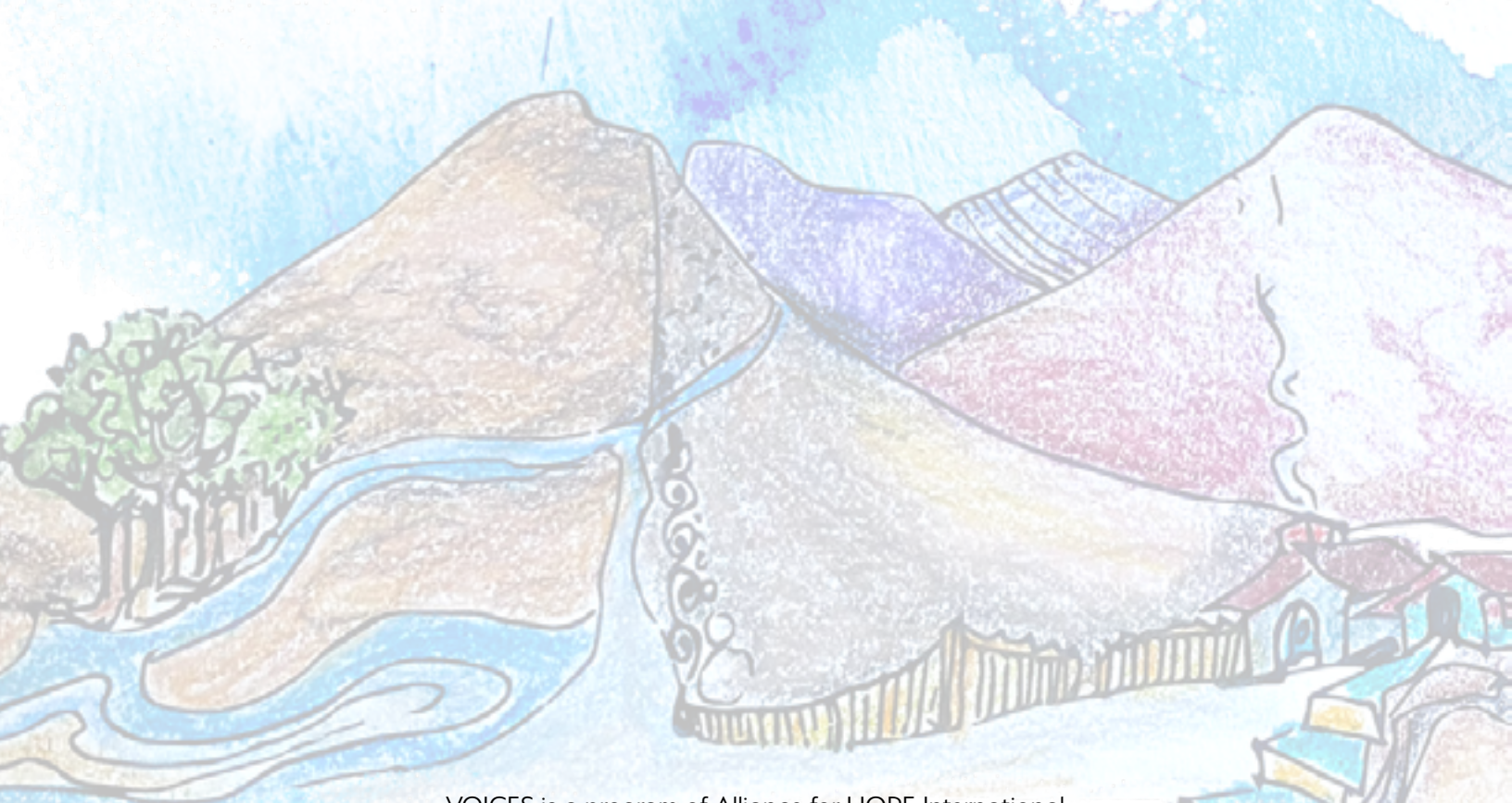
*This book was created to support survivors of domestic violence, sexual assault, elder abuse, human trafficking, and child abuse in their journeys towards hope and healing.*

*If you need help today, please call the National Domestic Violence Hotline at*

*(800) 799-SAFE (7233)*

*Si necesita ayuda, llame a la Línea Nacional de Ayuda Contra la Violencia Doméstica*

*Este libro fue creado para apoyar a sobrevivientes de violencia doméstica, agresión sexual, abuso de ancianos, maltrato, y abuso infantil en sus caminos hacia la esperanza y la sanación.*



VOICES is a program of Alliance for HOPE International  
101 West Broadway, Suite 1770, San Diego, CA 92101  
[allianceforhope.com](http://allianceforhope.com)