



**WRITE
TO GROW
JOURNAL**

Trauma looks different to each individual person. There is no right or wrong way to feel after experiencing any kind of trauma or during recovery.

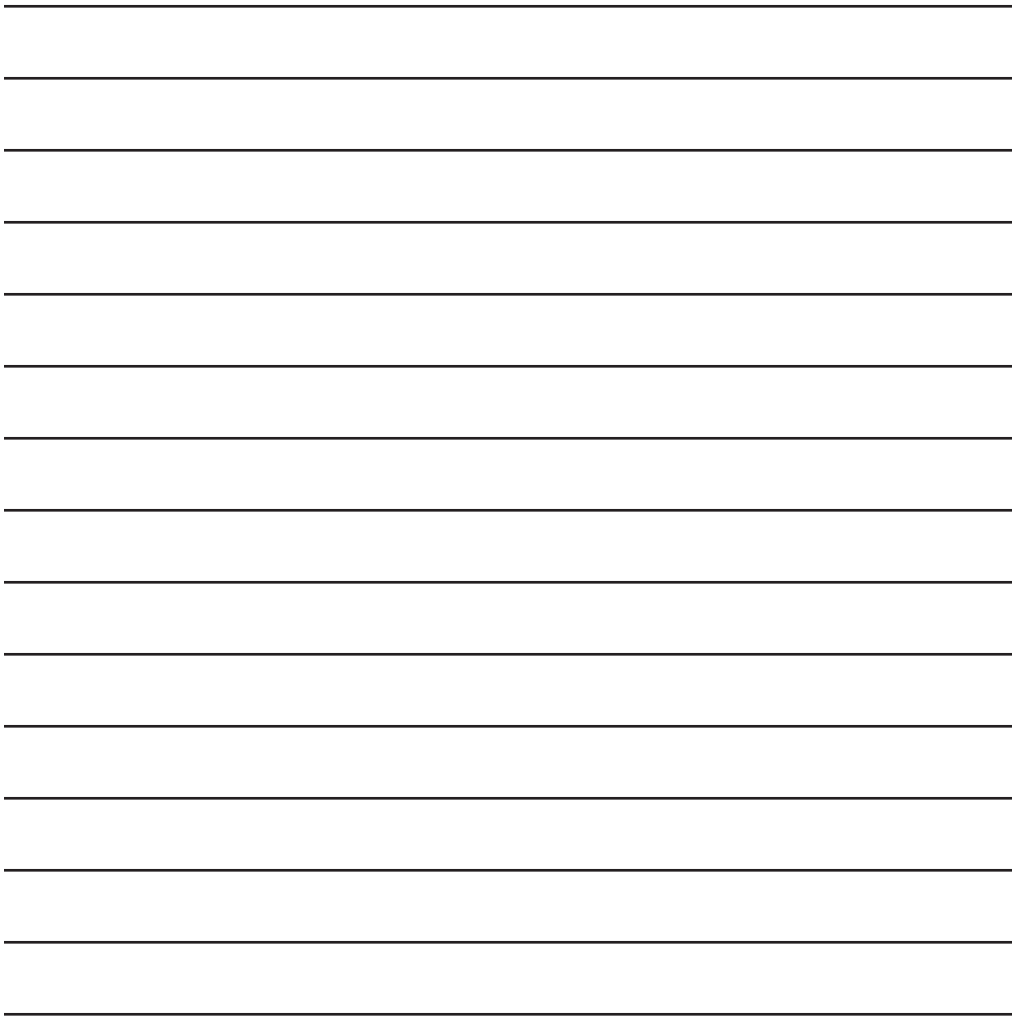
Journaling can help you in your journey. It's a great way to process your feelings to grow and heal.

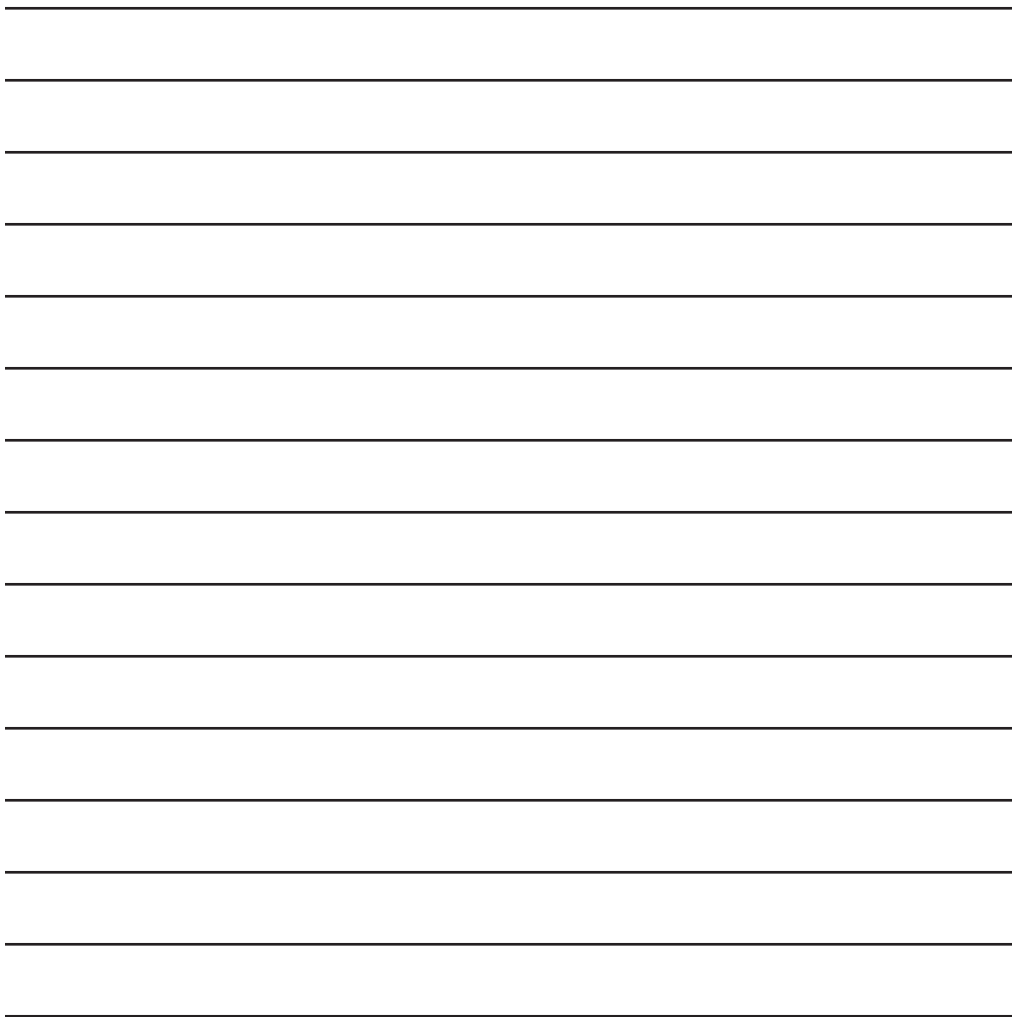
Use the blank pages in this booklet, but don't stop here.

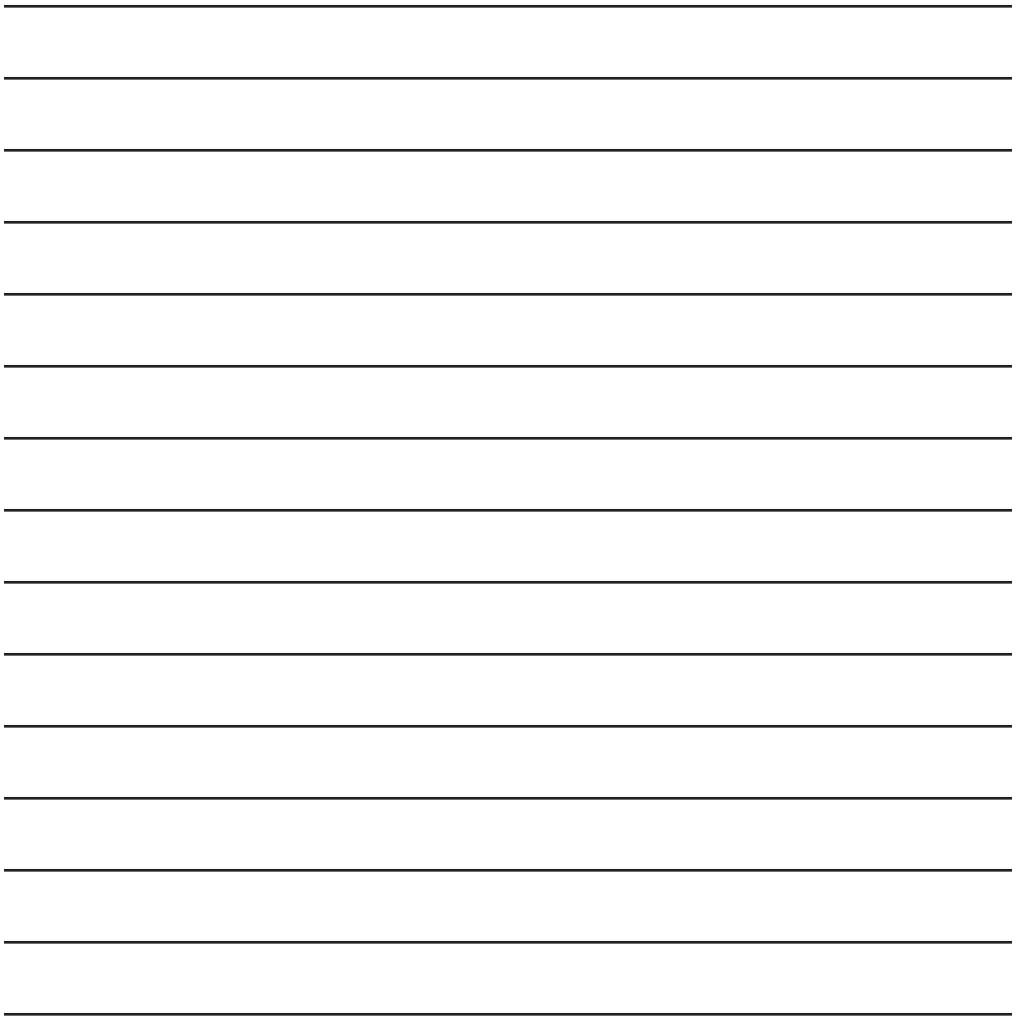
When you fill them up, you can find a notebook to continue the writing process. Write for as long as you feel like it, whether it's days, months, or throughout your life.

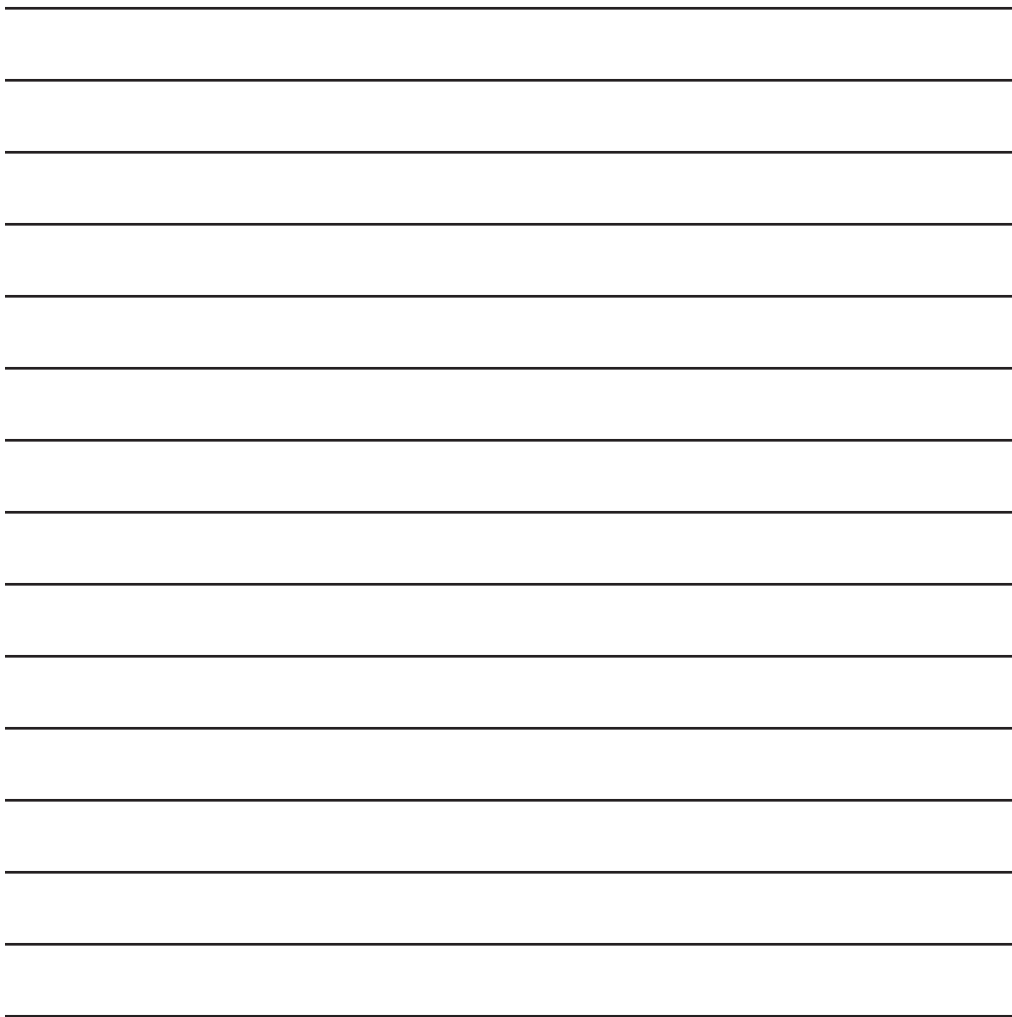
We encourage you to keep your journal in a place where only you can access it.

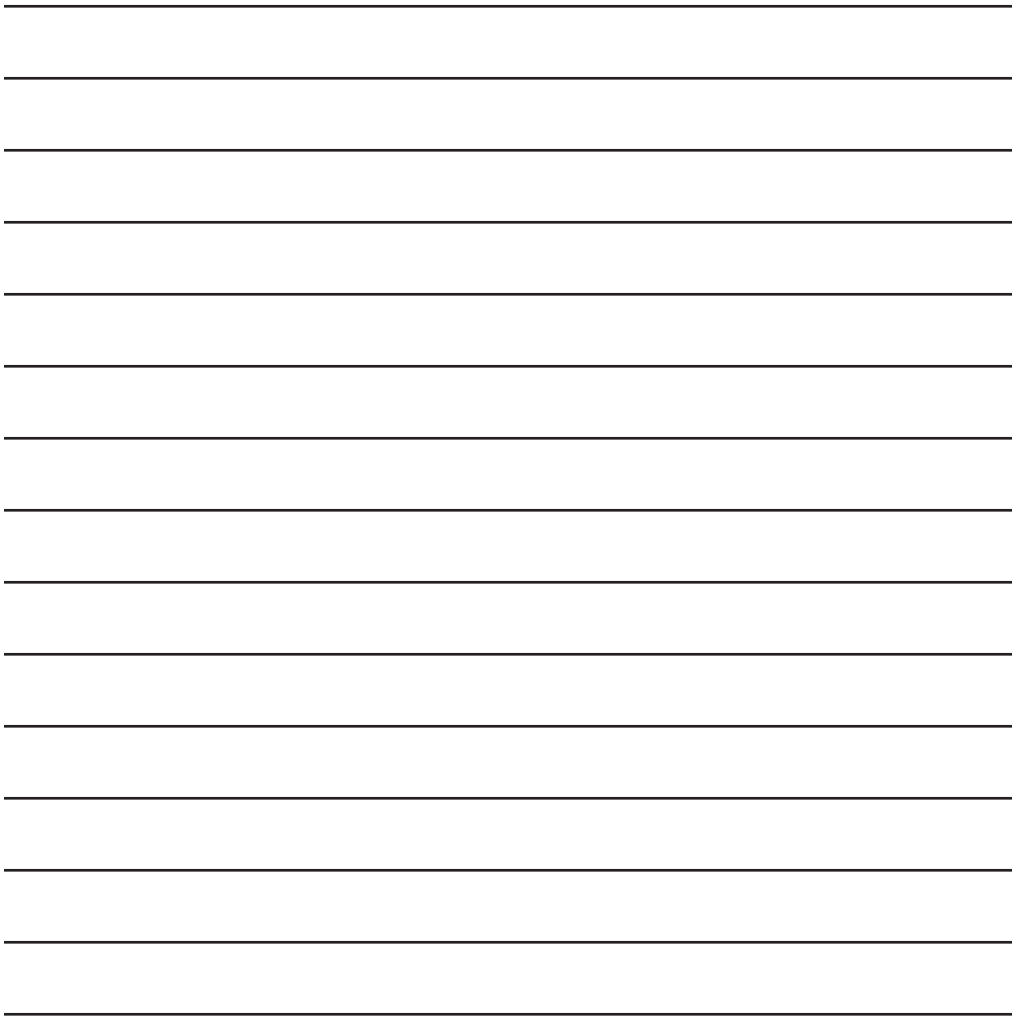


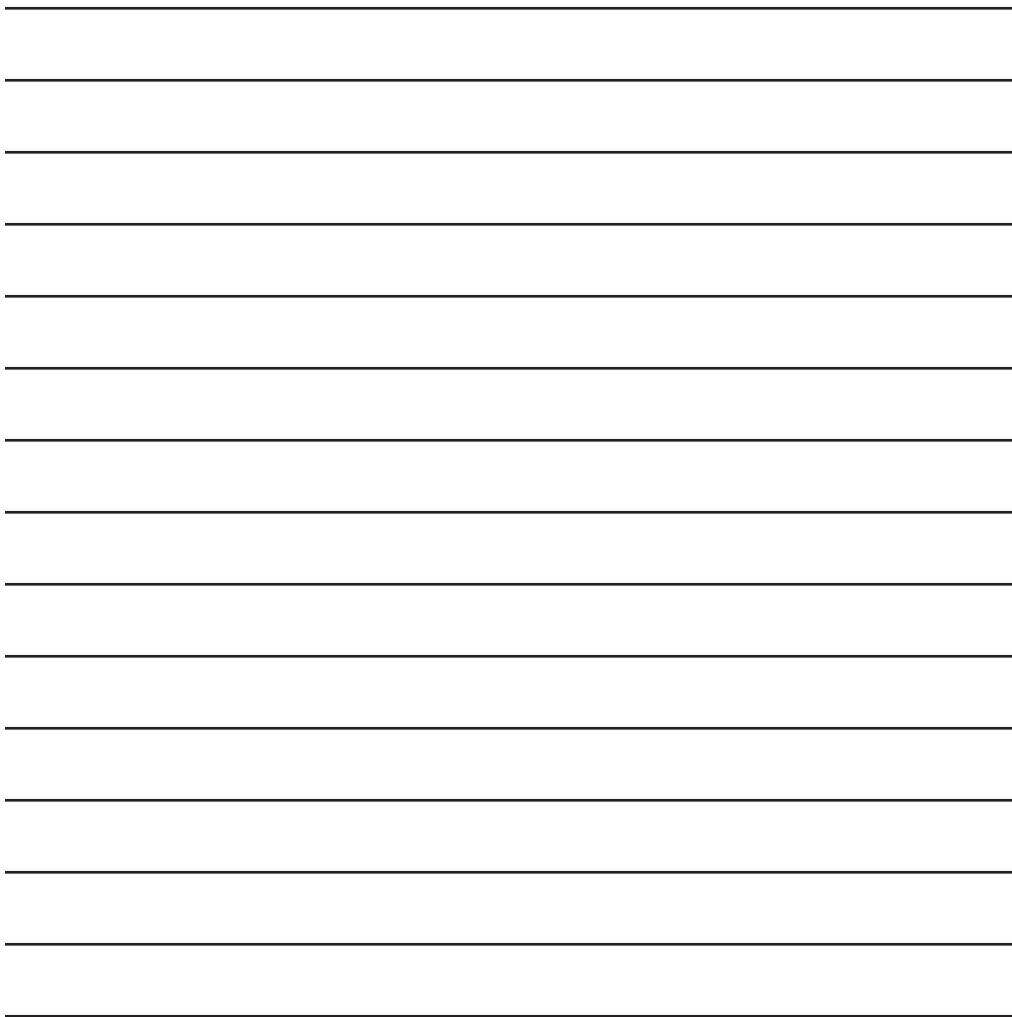


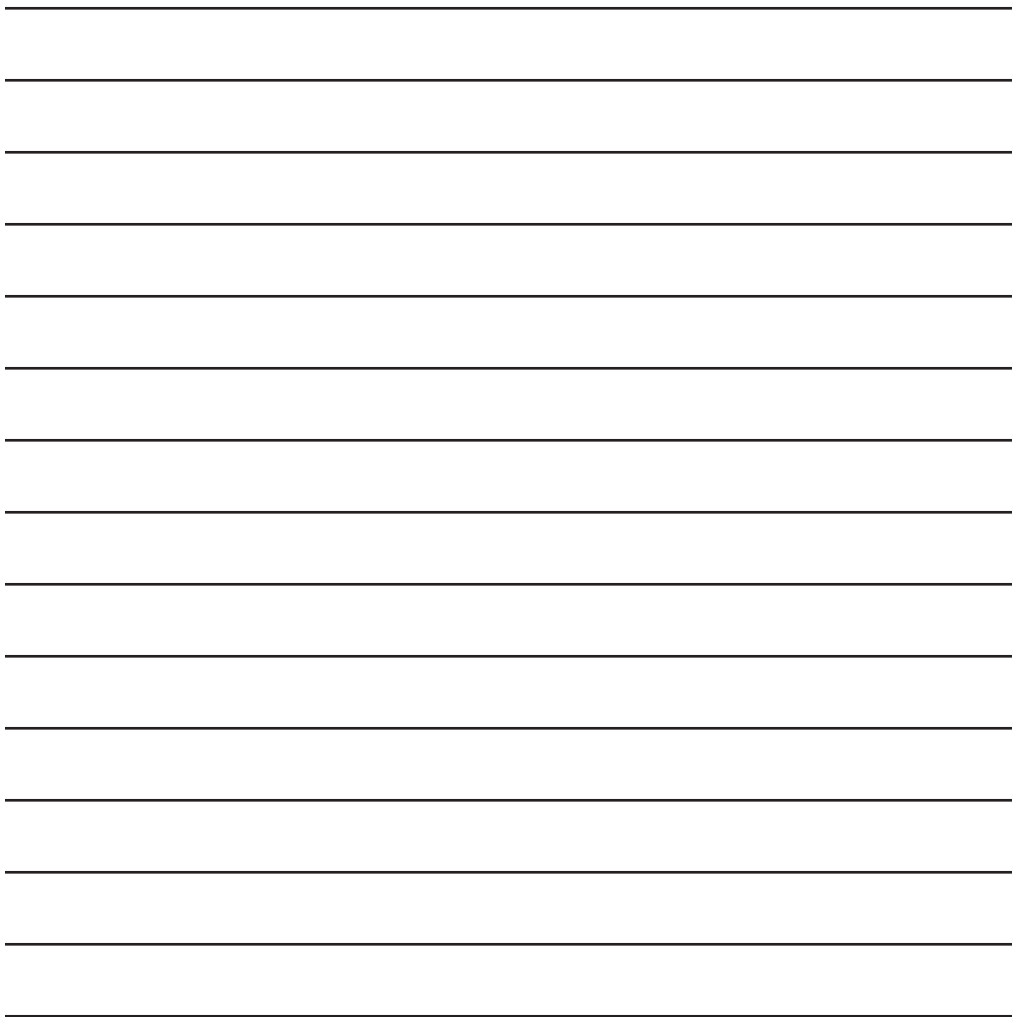


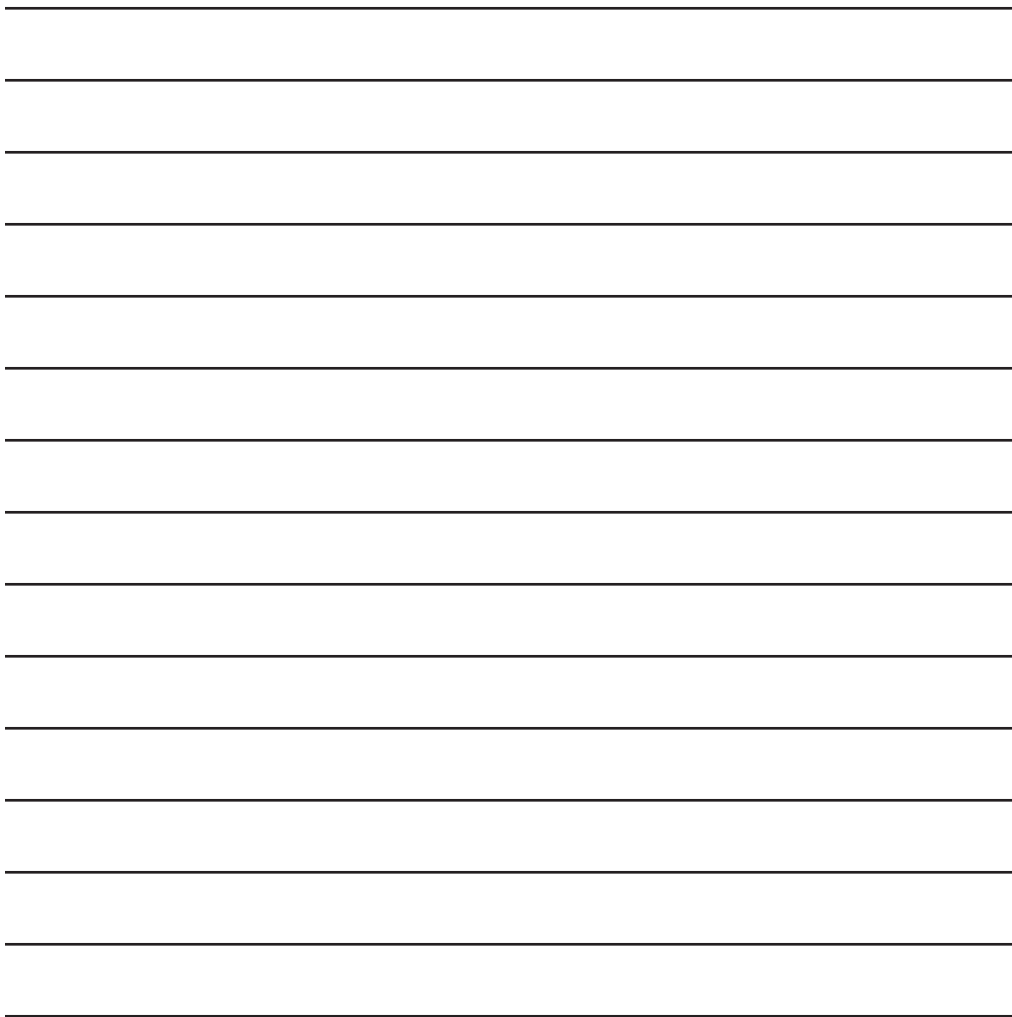














Sometimes we need a little extra help or encouragement. If you need support, you can always contact someone at LaFASA's Helpline.

Helpline Support Specialists communicate with compassion and concern. They can answer questions and guide you to other resources that you may need.

Please see the back cover for contact information.

LaFASA

Louisiana Foundation Against Sexual Assault



Visit www.Lafasa.org to find local resources and free support and materials.



Have you experienced sexual harm or know someone who has? Contact LaFASA's free, confidential, and anonymous helpline to have your questions answered or *if you need someone there for you.*

Connect with a support specialist:

Text - 225.351.(SAFE) 7233

Chat - lafasa.org or

Talk - 888.995.7273 (English/Spanish)

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