



"Healing is Possible" booklet: Update Project

Would you like to be part of it?

Hi young women, here is a little summary of what is involved in this project.

We want to invite you to participate in any capacity that you desire, as little or as much, and you can withdraw from this project at any time.

Zig Zag Young Women's Resource Centre wrote and published this valuable resource a long time ago in order to assist young women in their first steps towards healing from sexual abuse. The booklet has general information about sexual abuse including effects of abuse, myths, counselling, and much more.

Our idea is to update the wording and artwork, and to add some additional information in relation to sexual violence and the internet.

How will we do this?

Well, we are very flexible and we would really love to have your (young women's) input. We would like to meet to discuss what your area of interest is and how you think you could support this work. We can organize a time to suit everyone to meet as a group and chat, and we can talk through e-mail, messages, phone, etc. We can also meet one on one if you prefer.

For the artwork update, we are planning to run some sessions with an arts' worker who can guide us through this process, (this will happen a bit later in 2019 when we have everything else done).

If you feel that this is something you would like to be part of, please contact us for more info, and to talk about your availability, timelines, etc. We really value young women's participation/opinions as this resource is for the general community around us.

We recognize that you would be giving of your time and knowledge and want to honor this. Zig Zag will provide transport and catering for attendance as well as a thank you gift voucher for your time and contribution.

We hope that this project will give those who participate an opportunity to contribute to something valuable for other women, and that they will hopefully enjoy their time working on it too.

We look forward to having you on board!

Eliane and Jane

For the SA Team

Zig Zag Young Women's Resource Centre

sateam1@zigzag.org.au or (07) 3843 1823