

WE ARE SPECTACULAR NEBULAS IN HEALING JOURNAL



Written by
Dee Marksman-Phillpotts

Need help? You are not alone.

Consent Comes First (CCF) provides free, confidential, trauma-informed, healing-centred support to TMU students affected by sexual violence and other forms of gender-based violence. We create opportunities for people affected by violence to cultivate safety, healing and leadership on their own terms. With campus partners and the broader community, CCF provides education, programming and advocacy to foster a world free from gender-based violence.

To learn more, email osvse@torontomu.ca.

Copyright.

This guide is intended for the Toronto Metropolitan University community. However, we have also made it available to student groups and campus sexual violence and gender-based violence centres at post-secondary institutions, as well as the wider community. Please note that if you are outside the Toronto Metropolitan community, you may seek out materials, training and support from the appropriate resources in your community. No part of this work covered by the copyright herein may be reproduced, transcribed, or used in any form or by any means - graphic, electronic or mechanical, including photocopying, recording, taping, Web distribution, or information storage and retrieval systems – without the written permission of Consent Comes First.

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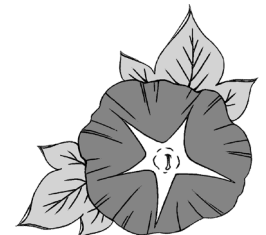
Our connection to the land.

Consent Comes First is based in Tkaronto (Toronto), in the “Dish with One Spoon Territory.” The Dish with One Spoon is a treaty between the Anishinaabe, Mississaugas and Haudenosaunee that bound them to share the territory and protect the land. Subsequent Indigenous Nations and Peoples, Europeans and all newcomers have been invited into this treaty in the spirit of peace, friendship and respect.

Gender-based violence is one form of colonial violence that is used to marginalize and dispossess Indigenous Peoples from their culture, lands and waters. We are committed to addressing this by actively incorporating into our work the Truth and Reconciliation Commission of Canada: Calls to Action, as well as the Call for Justice For Everyone within Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls.

Dedication.

Gratitude to grassroots Black feminist and womanist organizing. Our work builds on a long history of Black feminist and womanist frontline work, activism, advocacy and research by those in the broader community working to end gender-based violence. We learn from each other and walk hand in hand into healing. To our ancestors who came before us and to our descendants that have yet to come, we thank you.



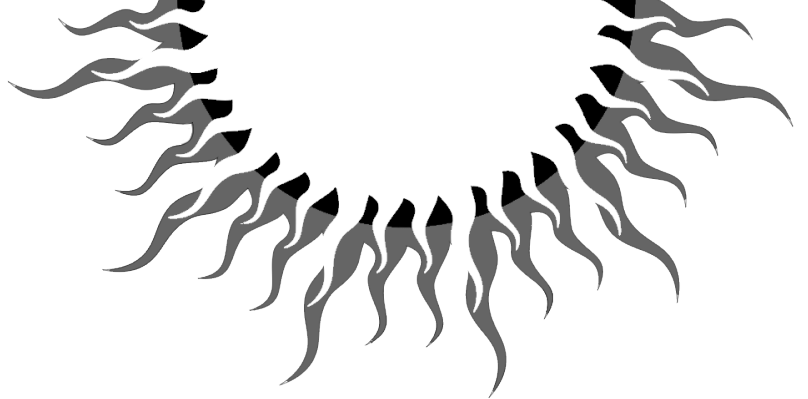


Introduction.

Here, we are looking to make sense of our thoughts and feelings but also challenge some of our thoughts with grace and love. I made this journal for us so we have a place to rest our weary thoughts, a place to sit and chat, and a place that is here for you to revisit as many times as you need to. As Black survivors, we have gone through so much on our life journey, and this is just a little place to rest your head along the way. Feel free to use this journal as a meditative practice, a space to unload, or a tool to help you get through whatever it is you need. You can write in any order you like, skip around, or start from the beginning, and go to the end. This journal is yours to explore like the galaxy of your mind and the vastness of your universal understanding. Know that each nebula has a purpose in the universe; you are a star in the making. You are loved.

As a mindful practice, beginning each prompt with three grounding breaths allows the breath to plant you firmly where you sit and let your mind go; write with intention but without judgment. Set some intentions of what you wish to get out of each prompt. There are no wrong answers, only thoughts and feelings looking to be explored. There is no need to be perfect or excellent, just you; you can be tired, sad, angry, content, or excited, however, you are.

Bring yourself to the writing and let it all be on the page.



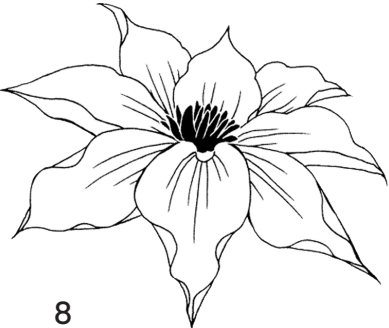
Welcome to the We Are Spectacular Nebulas in Healing Journal.



**How do I continue to create
safety for myself?**

**What brings me comfort or
makes a space safer for me
to explore my feelings and
thoughts?**

Doodle space



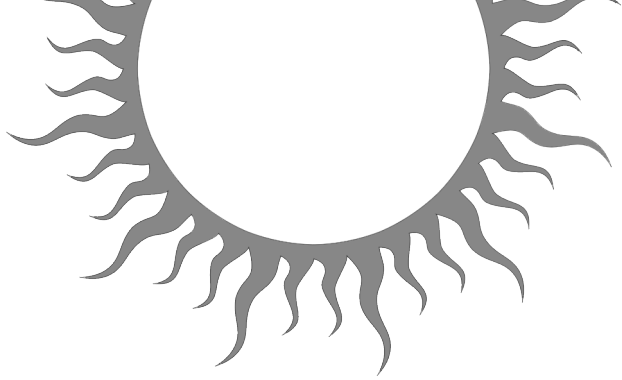


In the face of discomfort, how can I be tender with myself?

In those moments when I don't feel so confident, how can I help myself feel more confident and capable?

Doodle space

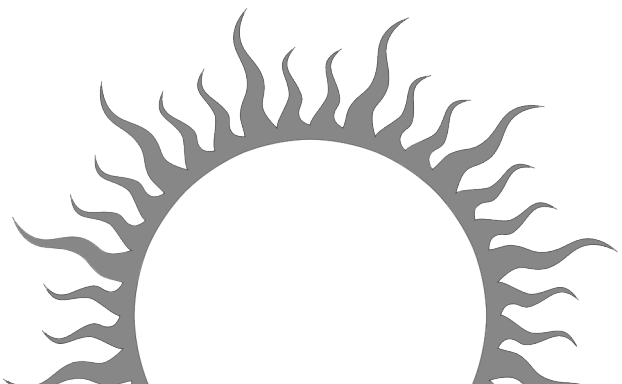




**Who are the people in my life
that are important to me?**

**What are some of the ways that
they positively contribute to my
life?**

Doodle space





Written by **Dee Marksman-Phillpotts**

Dee Marksman-Phillpotts is a Black non-binary creative and academic. They obtained their bachelor's degree in Sexuality studies at York University and completed their master's in Social Work in 2023 at York University. Dee is committed to their work in the Black community specializing in the equitable investigations of Black queer individuals and the notions of anti-Black racism in institutional settings. Dee also works with young people who experience gender-based violence and anti-Black racism. Their goal is to be able to work with Black survivors of gender-based violence who hold multiple intersections in their identity.

Cover Art by **Jessica Campbell (@campjess)**

Jessica Campbell is multimedia artist based in Toronto who uses digital mediums such as illustration, graphic design, and painting as visual language to be able express themes of wonder, optimism, and representation for people of color. She is a self taught artist, who got arts career started by being an ArtworksTo Next stream participant. Her curiosity for visual mediums leads her to explore different ways to be able to share experiences and optimistic points of view.

Layout Design by **Leon K.**