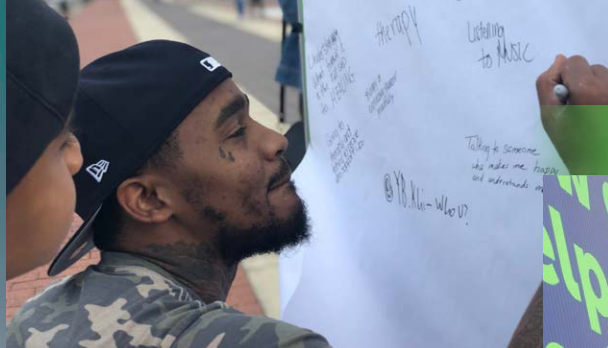


"There's a lot of love in Philly."

Who do you heal for?



#HEALINGBECAUSE my family needs me.



"Listen with an open heart."



How do you help others heal from trauma?



WRITE

#HEALINGBECAUSE I want to lead by example.



"It is never too late to find something that'll make you happy."

OUR WORDS HEAL

OUR WORDS HEAL

OUR WORDS HEAL

I CAN'T BREATHE

OUR RIGHT

TO HEAL

We as a community are overcoming racist forces and the relentless social oppression of trauma by actively healing.

On our own, because healing is very personal, but also together to make a public statement for our right to heal and to fight the trauma that hurts our bodies, communities and peace of mind.

Our pain is real and valid. What shouldn't be is violence, poverty, racism and injustices—everything that causes us to feel:

- Always on-go.
- Unable to focus.
- Tired, but unable to sleep well.
- Misunderstood.

Our traumatic stress is a normal reaction to circumstances that shouldn't be.

But know this:

Hurt people can heal themselves—and help heal others often better than other.

That doesn't mean we all heal the same way; there's no one way to heal. But healing is more meaningful when it's self-directed and there's a strong reason to heal.

How do you heal?
#OurWordsHeal

Why do you heal?
#HealingBecause

#PhillysBigBreath

Philly, let's take a breath together to fight trauma and protect our right to heal.

Launching in 2021

Join us. WeCanHealFromTrauma.org

PHILLYS
**Big
Breath**