

# WEEK OF ACTION

## Wellness Wednesday

### Words of Encouragement

SPREAD LOVE BY POSTING  
WORDS OF ENCOURGAMENET ON  
SOCIAL MEDIA TO DOMESTIC  
VIOLENCE SURVIVIORS.



You are not to blame.  
No one deserves abuse.



You are strong and important.  
You deserve to be respected and loved.



DVCC is here to help you on your journey  
to safety and healing.



Healing doesn't mean the damage never  
existed. It means the damage no longer  
controls our lives.



Abuse causes the loss of one's self. It is the  
reconnection and redefining of ones self  
that takes some time to figure out.