



Healthy MIND + Healthy SOUL

A COLORING BOOK BY
THE ASIAN PACIFIC ISLANDER DOMESTIC VIOLENCE
RESOURCE PROJECT (DVRP)



Asian/Pacific Islander
Domestic Violence Resource Project



Welcome

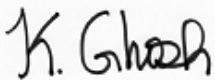
Since 1996, The Asian/Pacific Islander Domestic Violence Resource Project (DVRP) has provided services to survivors of domestic violence and sexual assault in Washington DC, Maryland, and Virginia.

Survivors of intimate partner violence who are often isolated from their families and communities have experienced greater levels of social isolation and challenges during the COVID 19 pandemic. A/PI community members have experienced high rates of gender-based violence, hate-based violence, xenophobia, and racism during the past year. DVRP has developed programming, training, and materials to support community members and develop a sense of community during this time.

This coloring book, “Healthy Mind & Healthy Soul” was developed through a grant from A Beautiful Mind Foundation to provide support to the A/PI community during these challenging times. We hope the artwork provides you an outlet for mindfulness and healing. You can download the book on our website and can contact us at info@dvrp.org for further information.

Thank you for your continued support!

Krittika Ghosh



Executive Director

Asian/Pacific Islander Domestic Violence Resource Project



Celebrate your choices.

中国人: 称颂你的选择。

日本語: いまある選択肢に喜びを持ちましょう。

Tiếng Việt: Chúc mừng sự lựa chọn của bạn.

اردو: اپنی پسند کی خوشی منائیں

한국어: 당신의 선택을 축하합니다.

Celebrate your resiliency.

中国人: 称颂你的适应力。

日本語: 自分の回復力を信じましょう。

Tiếng Việt: Chúc mừng sự phục hồi của bạn.

اردو: اپنی طاقت کی خوشی منائیں

한국어: 당신의 회복력을 축하합니다.

Celebrate your faith.

中国人: 称颂你的信心。

日本語: 自分を信じる心を持ちましょう。

Tiếng Việt: Ngợi khen niềm tin của bạn.

اردو: اپنے ایمان کی خوشی منائیں۔

한국어: 당신의 믿음을 축하합니다.

Celebrate your bravery.

中国人: 称颂你的勇敢

日本語: 自分の勇敢さを褒めましょう。

Tiếng Việt: Ngợi khen sự dũng cảm của bạn.

اردو: اپنی بہادری کی خوشی منائیں

한국어: 당신의 용기를 축하합니다.

Celebrate your strength.

中国人: 庆祝你的力量。

日本語: 自分の強さを褒めましょう。

Tiếng Việt: Ngợi khen sức mạnh của bạn.

اردو: اپنی ہمت کی خوشی منائیں

한국어: 당신의 능력을 축하합니다.

Celebrate YOU.

中国人: 称颂你自己。

日本語: どんな自分もほめ称えましょう。

Tiếng Việt: Ngợi khen BẠN.

اردو: اپنی خوشی منائیں

한국어: 당신을 응원합니다.

いまある選択
肢に喜びを。

Celebrate Your
CHOICES.



당신의 끈기를 응원합니다
Celebrate Your RESILIENCE.



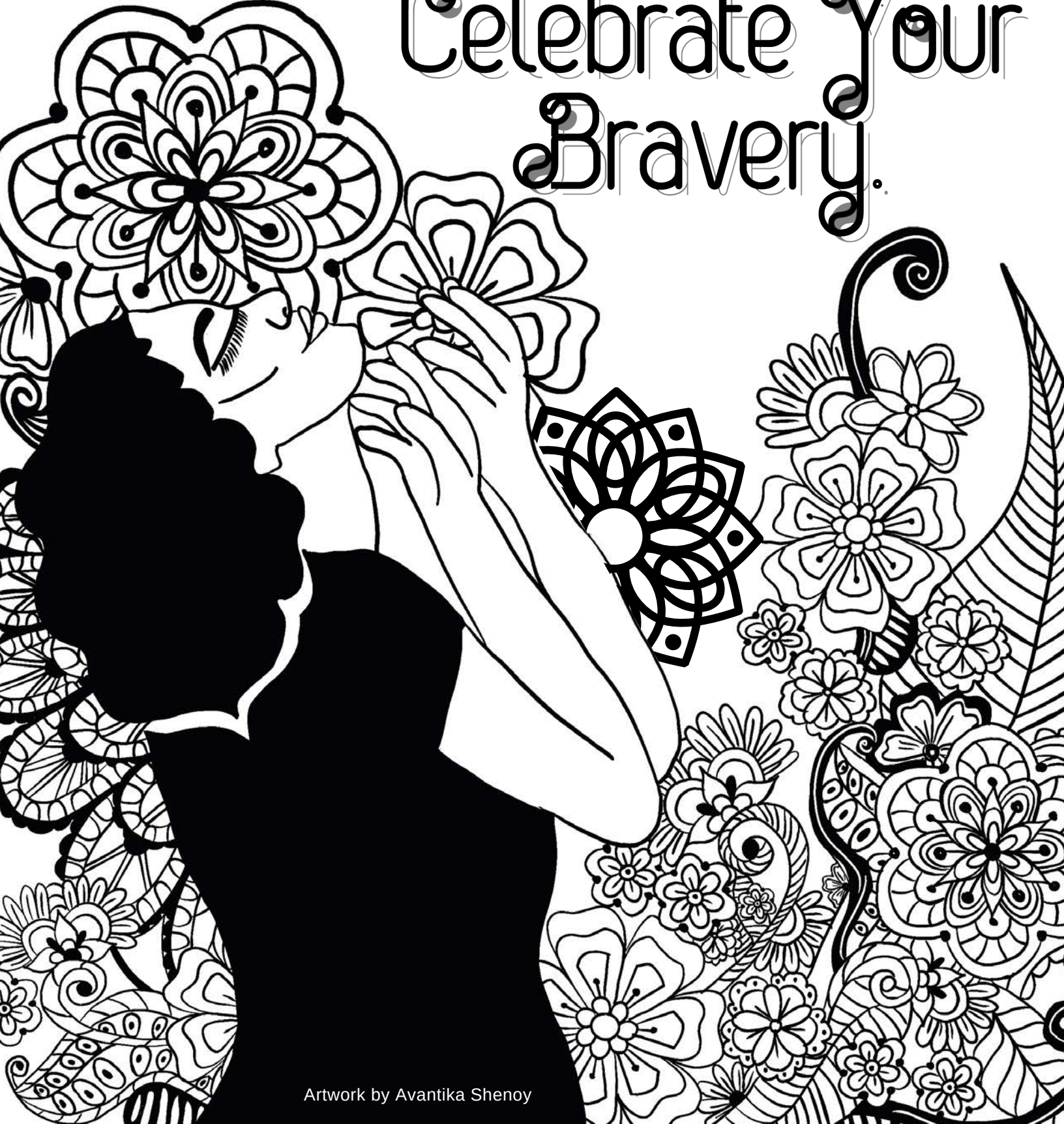


Ngợi khen
niềm tin
của bạn.

Celebrate
Your
FAITH.

اپنی ہمت کی خوشی منائیں

Celebrate Your
Bravery.



庆祝你的力量。

Celebrate Your
STRENGTH.



Celebrate you.

中国人: 称颂你自己。

日本語: どんな自分もほめ称えましょう。

Tiếng Việt: Ngợi khen BẠN.

اینی خوشی منائیں: اردو

한국어: 당신을 응원합니다.



Acknowledgment

This coloring book was developed through a grant from A Beautiful Mind Foundation.

www.abeautifulmindfoundation.org

Mission Statement: To positively impact lives by investing in culturally competent mental health services that educate, enlighten and empower our diverse community.



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