

Planning to share your story,

But dont know where to begin?



1

Before beginning, **take some time to breath and reflect on your journey** to be able to share this story with others.

2

Write down any initial thoughts you'd like to share. Once that is done, begin telling your story. No need to worry about grammar or spelling as that will be edited by Partners for Peace.



Once you've read it over, sat with it, and are happy, now you're ready to submit! **Scan the QR code to submit your story or reach out if you need assistance.**

3

Reward yourself for your bravery and courage to share your story! Ice cream does the trick!

24-Hour Helpline
1.800.863.9909

www.partnersforpeaceme.org






Our Collective Story




Art Workshop



Have you thought about sharing your story, but would like to do it as a **creative expression**?

Join us **May 9 at 5:30–7:30pm in Bangor** (location disclosed after you register) for a **story crafting workshop** centered around **art making** in various forms! **This includes: books, collaging, and painting.**



Interested in this opportunity? Fill out the form below!

<https://forms.office.com/r/7LxqmqPtWsQ>

Or scan the QR code!



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