



Sustaining the Movement.

TRAUMA-INFORMED CARE & COMMUNITY HEALING

HEAL EARTH ALLIANCE

**"Healing is not a distraction
from the work.
It is the work."**

END BURNOUT, SUSTAIN ADVOCACY

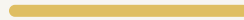
HEAL EARTH ALLIANCE

"We heal in community,
not in isolation."

COLLECTIVE RESILIENCE AS A CORE VALUE

HEAL EARTH ALLIANCE

**"Resilience is finding
safe harbours to rest."**



BUILD YOUR HARBOR, PROTECT YOUR PEACE

HEAL EARTH ALLIANCE

"Our neuro-inclusion
is our strength."

SENSORY-FRIENDLY ACTIVISM

HEAL EARTH ALLIANCE

"Boundaries are a form of radical community care."

SUSTAIN THE MOVEMENT TOGETHER



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*"Rest is a radical act of
resistance."*

PERMISSION TO PAUSE



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*"Your wellbeing is the
foundation of your advocacy."*

PROTECT THE ADVOCATE



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"A secure safety net."

HEA SUPPORT PORTAL



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SCAN ME

“Empathetic leadership sustains
the movement.”

HUMAN-CENTERED ADVOCACY

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*"Quiet spaces foster
loud movements."*

A FOUNDATION OF SENSORY SAFETY



HEAL EARTH ALLIANCE

A minimalist desk setup featuring a wooden shelf with various skincare products, a spiral notebook, and a tablet. The text "Heal. Rest. Sustain. Together." is centered on the image, with "Together." underlined.

**Heal. Rest. Sustain.
Together.**