

SOY Lead

Affirmation Deck

This affirmation deck was created at SOY Lead, a pilot peer leadership program at Sherbourne Health running from April 30 to Sept 12, 2019. The 8 youth in this program created this deck as a way for us to showcase some of the community and resilience that we built together.

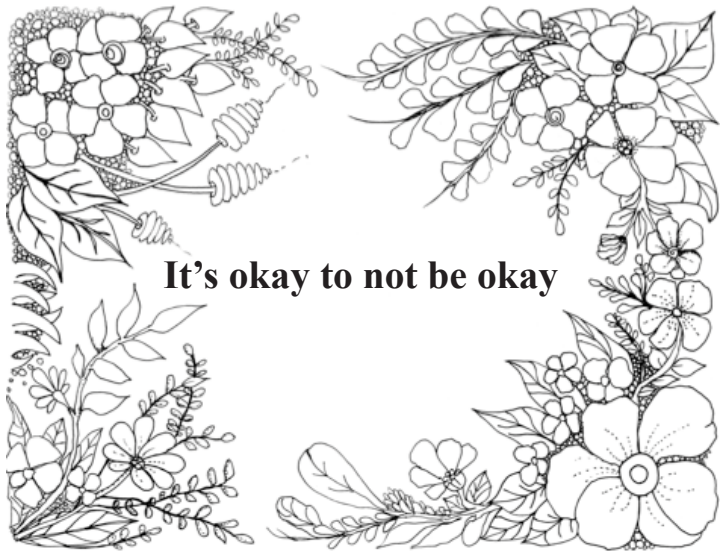
We know that not all of these cards will speak to everyone but we do hope there is a card that feels like it's made for you. These affirmations, ideas, and phrases reflect our thoughts and feelings captured during the 20 week program that we wanted to share.

SOY Lead covered modules in Social Justice,
Trauma-Informed Support, 1:1 Support,
Health Promotion, Facilitation,
Arts-Based Programming and Evaluation



sherbourne **HEALTH**



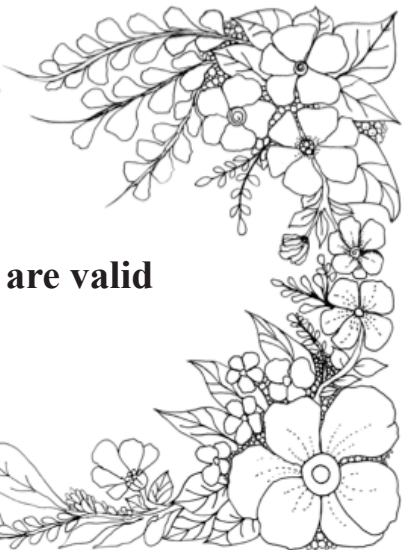
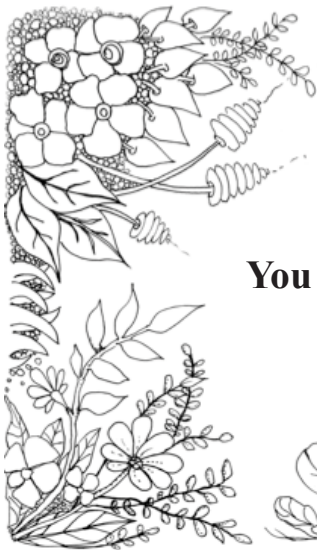


It's okay to not be okay

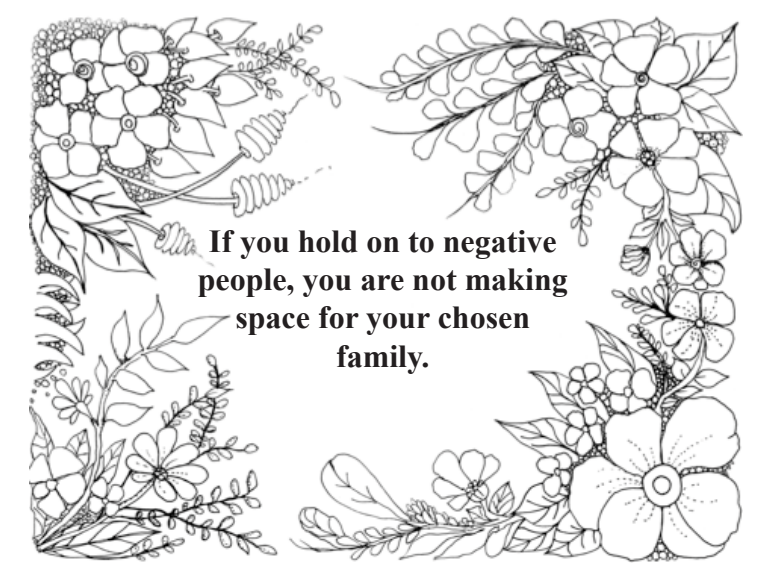


Your feelings matter



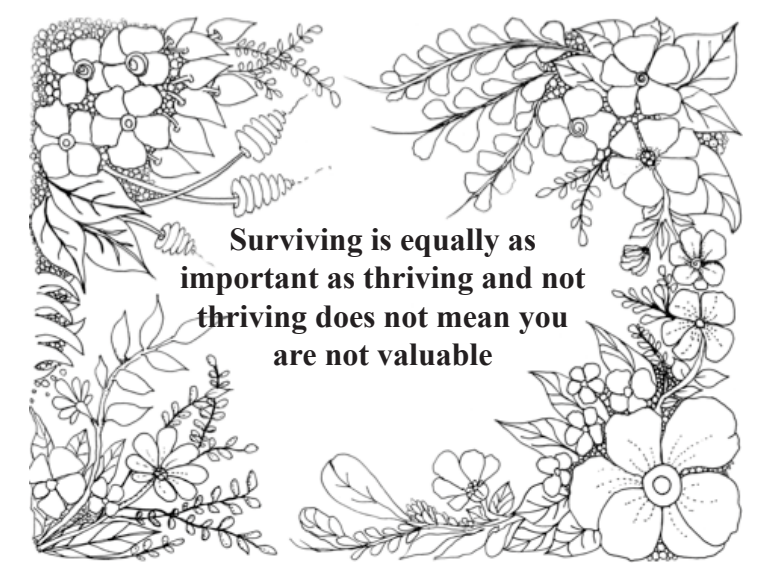


You are valid

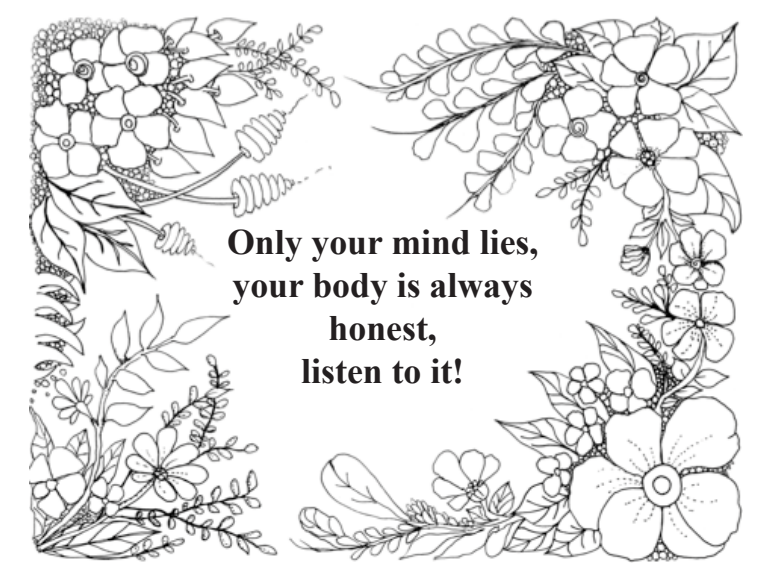


**If you hold on to negative
people, you are not making
space for your chosen
family.**

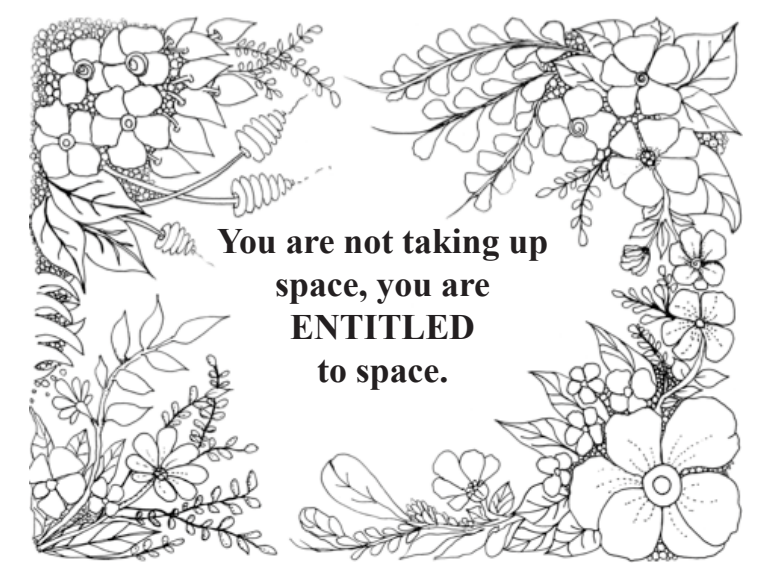




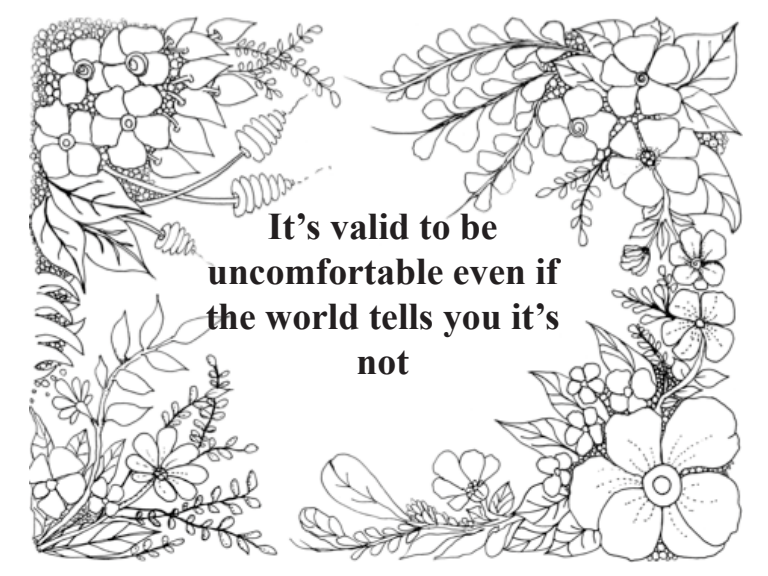
**Surviving is equally as
important as thriving and not
thriving does not mean you
are not valuable**



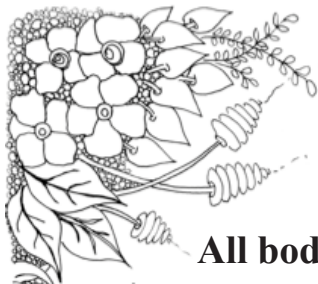
**Only your mind lies,
your body is always
honest,
listen to it!**



**You are not taking up
space, you are
ENTITLED
to space.**



**It's valid to be
uncomfortable even if
the world tells you it's
not**



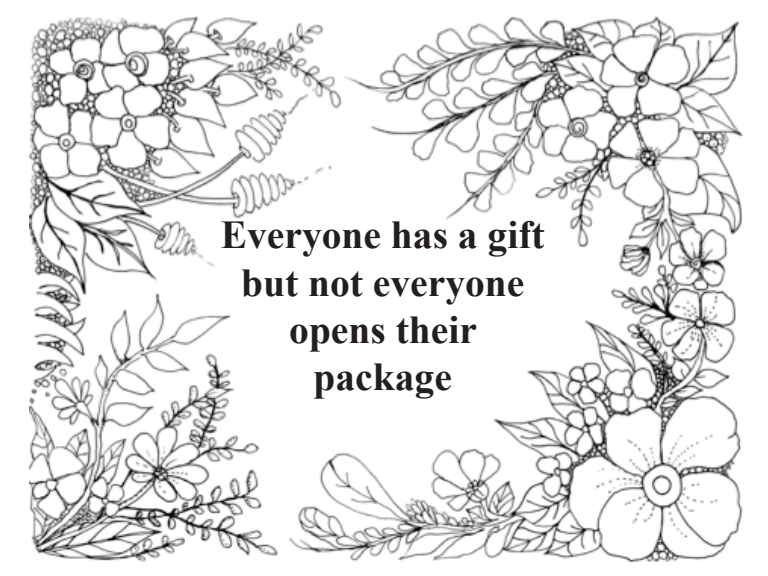
**All bodies are good
bodies**



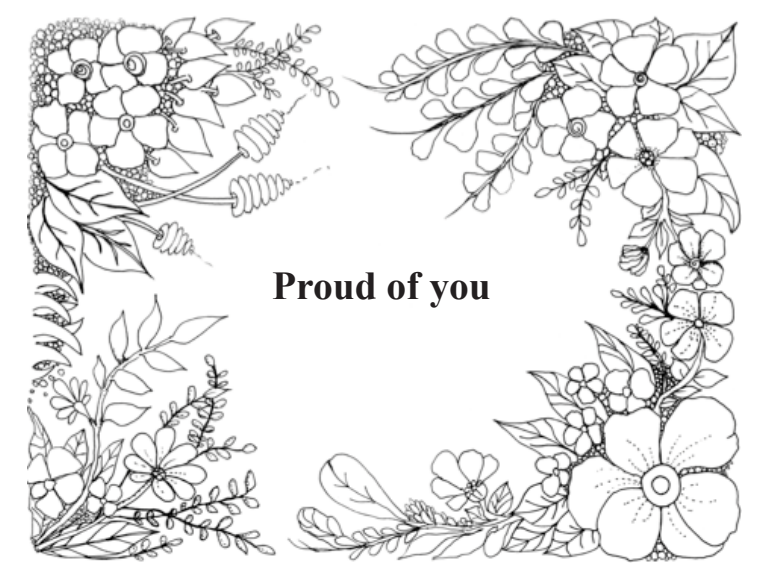


Trust yourself

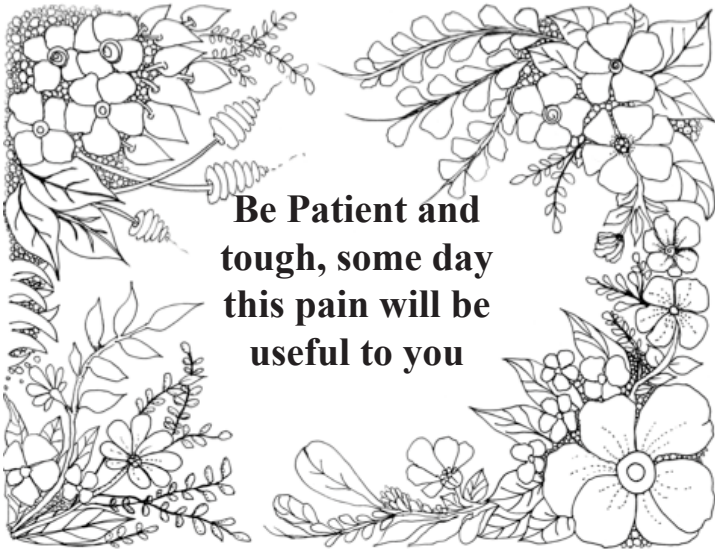




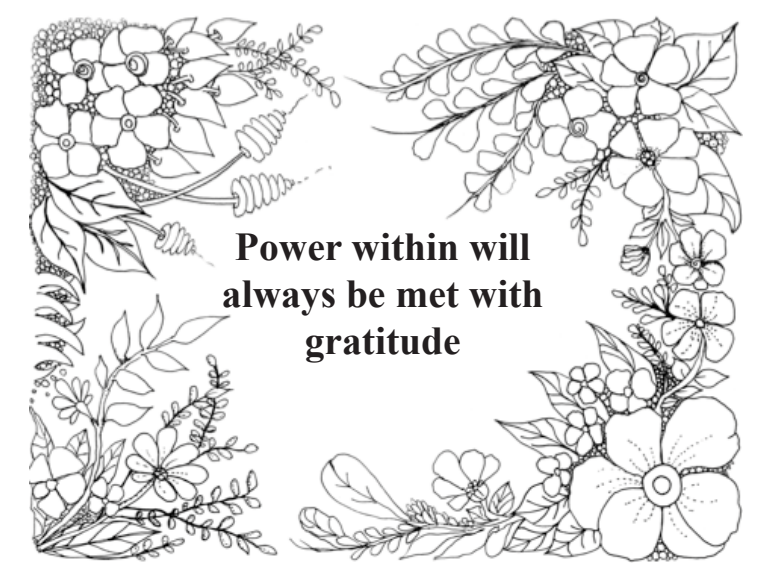
**Everyone has a gift
but not everyone
opens their
package**



Proud of you



**Be Patient and
tough, some day
this pain will be
useful to you**



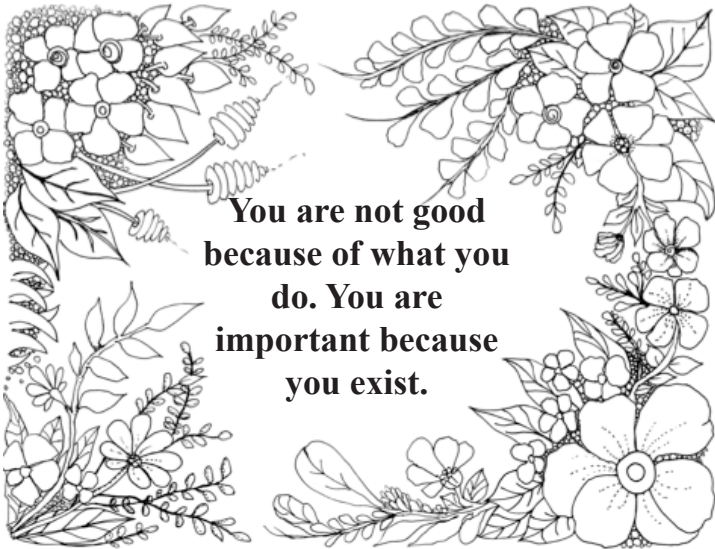
**Power within will
always be met with
gratitude**



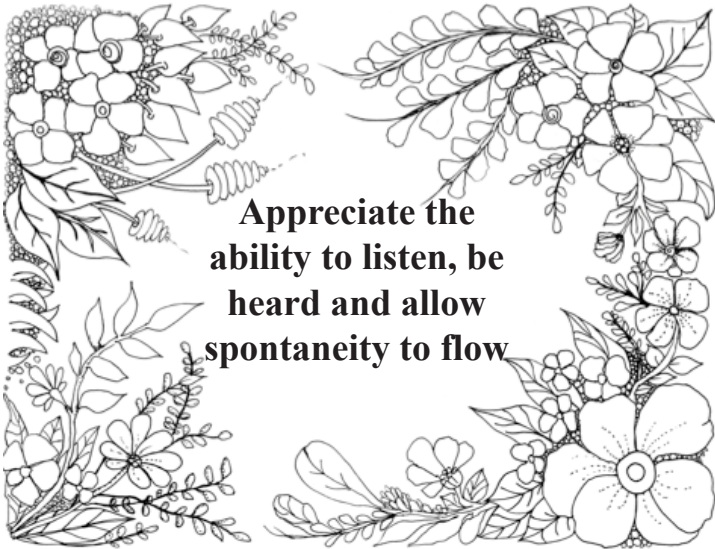
**Honouring our
stories takes
courage**



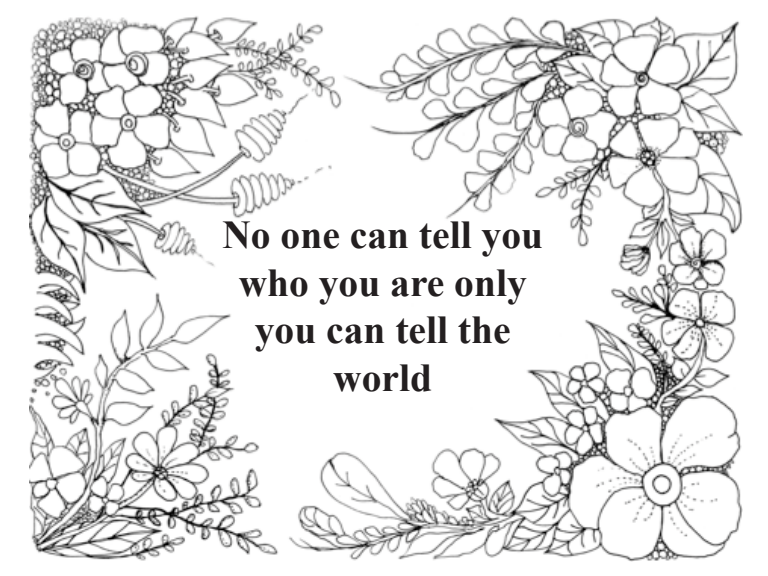
**Write from your
heart**



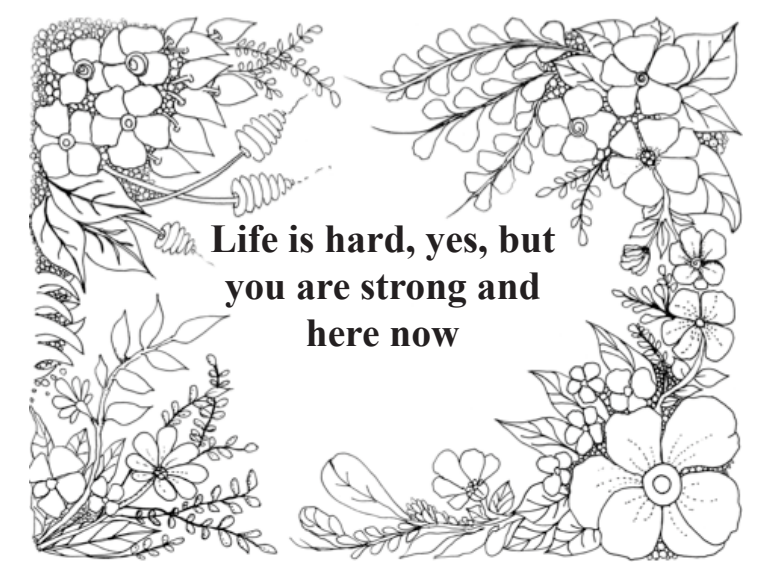
**You are not good
because of what you
do. You are
important because
you exist.**



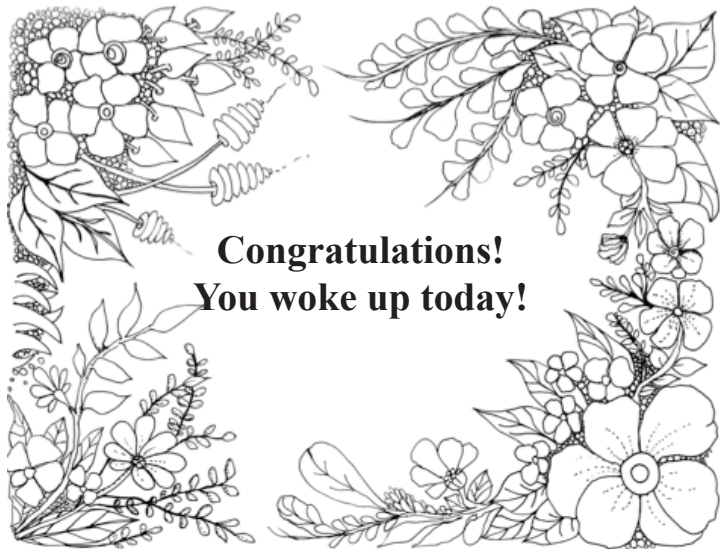
**Appreciate the
ability to listen, be
heard and allow
spontaneity to flow**

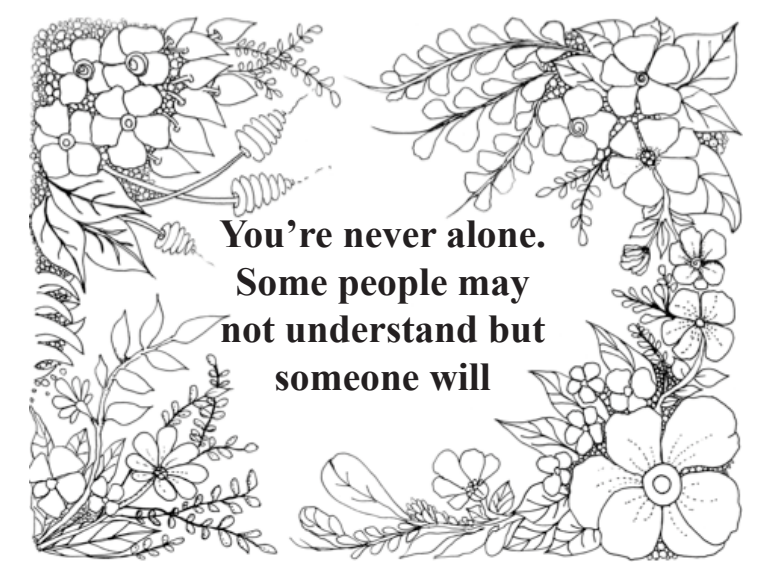


**No one can tell you
who you are only
you can tell the
world**



**Life is hard, yes, but
you are strong and
here now**





**You're never alone.
Some people may
not understand but
someone will**

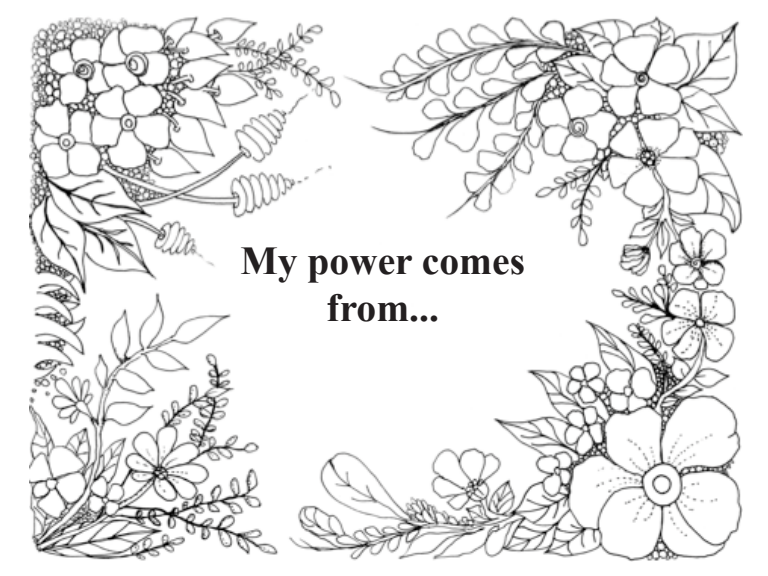


**Be proud of the
small things**

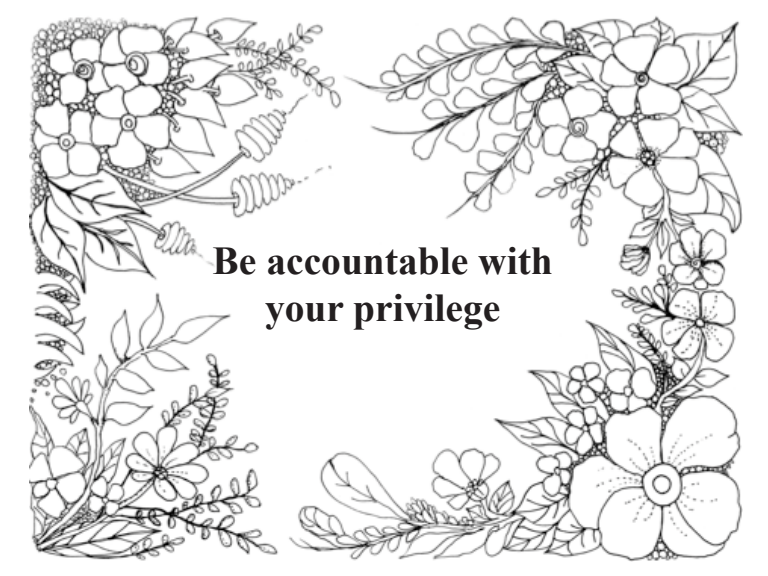


**Listen to an album
start to finish**

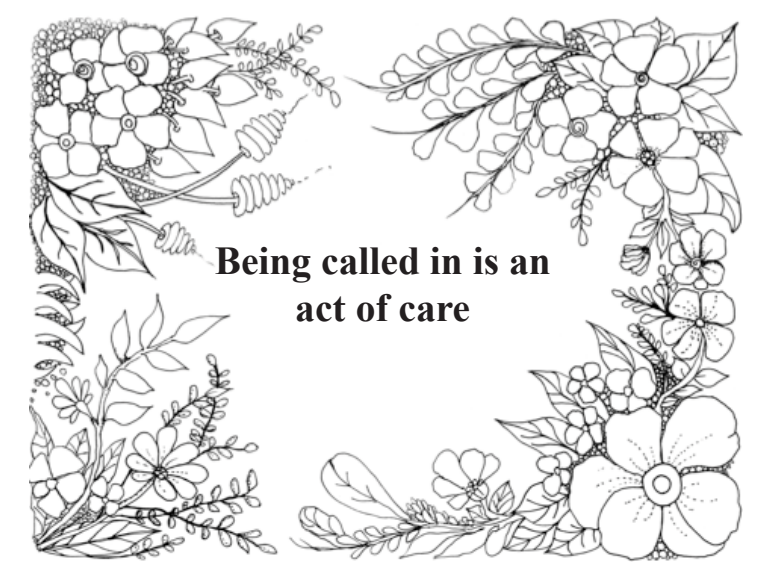




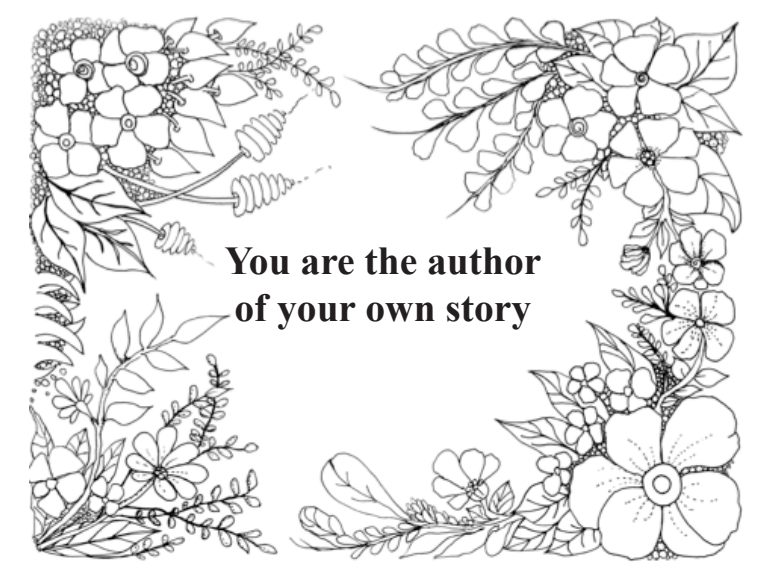
**My power comes
from...**



**Be accountable with
your privilege**



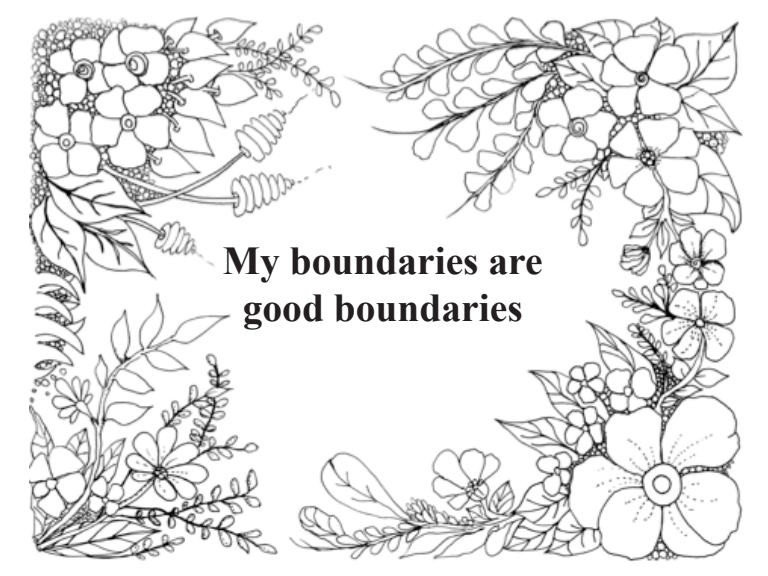
**Being called in is an
act of care**



**You are the author
of your own story**



BE YOU!



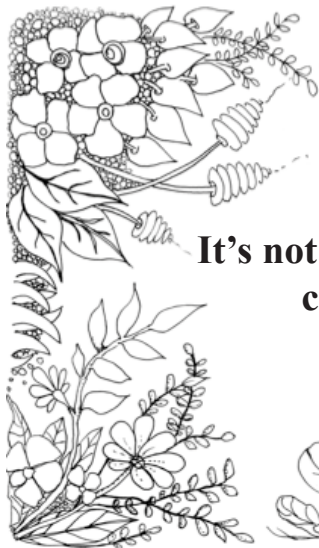
**My boundaries are
good boundaries**



**Community
supports are often
hard to access,
don't give up!**

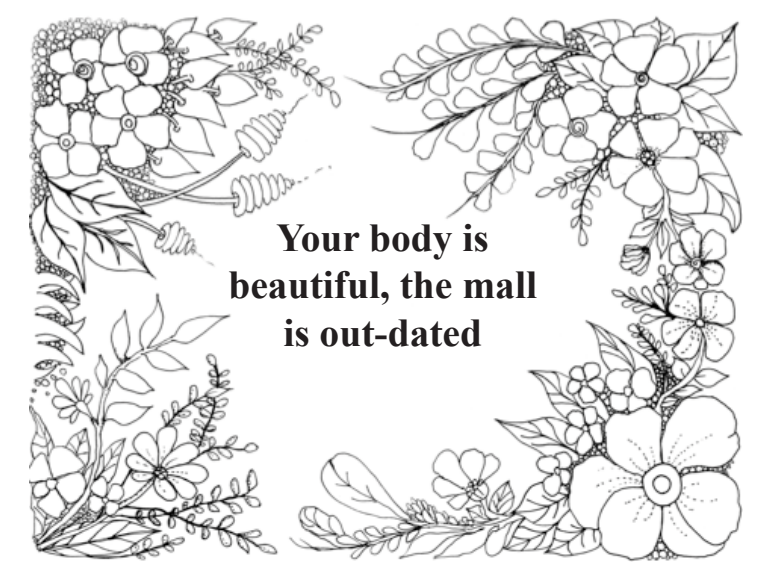


**It is vital to
interview your
therapist**



**It's not you, it's the
clothes**

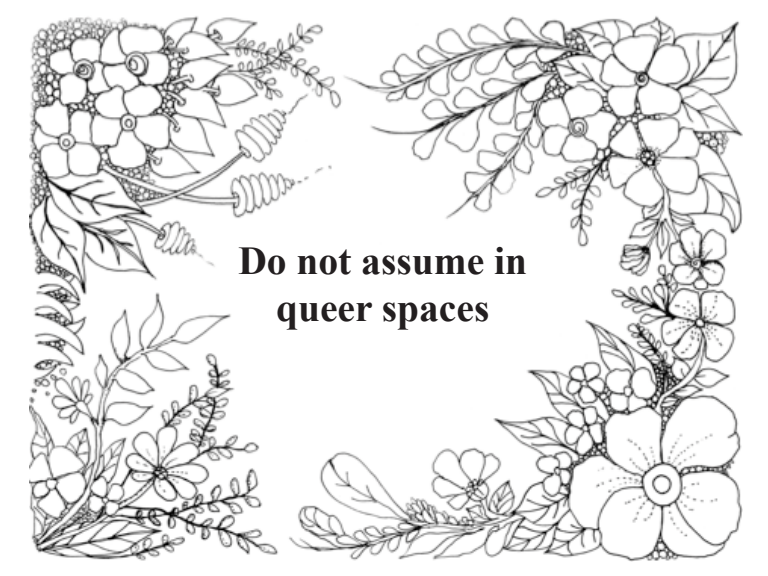




**Your body is
beautiful, the mall
is out-dated**



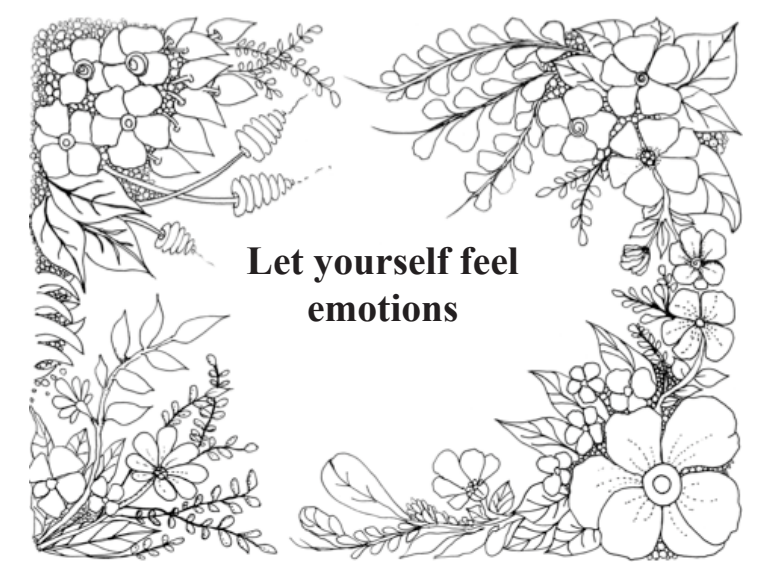
**You do not need
dating apps to
affirm that you are
desirable**



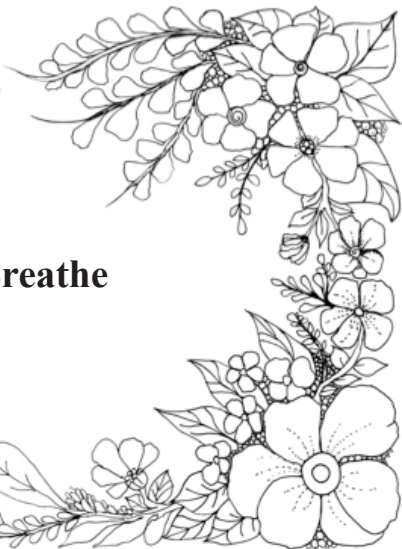
**Do not assume in
queer spaces**



**All food is good
food**



**Let yourself feel
emotions**



Breathe







