

To assemble the zine:

Print double-sided and make sure the landscape orientation is the same on each side

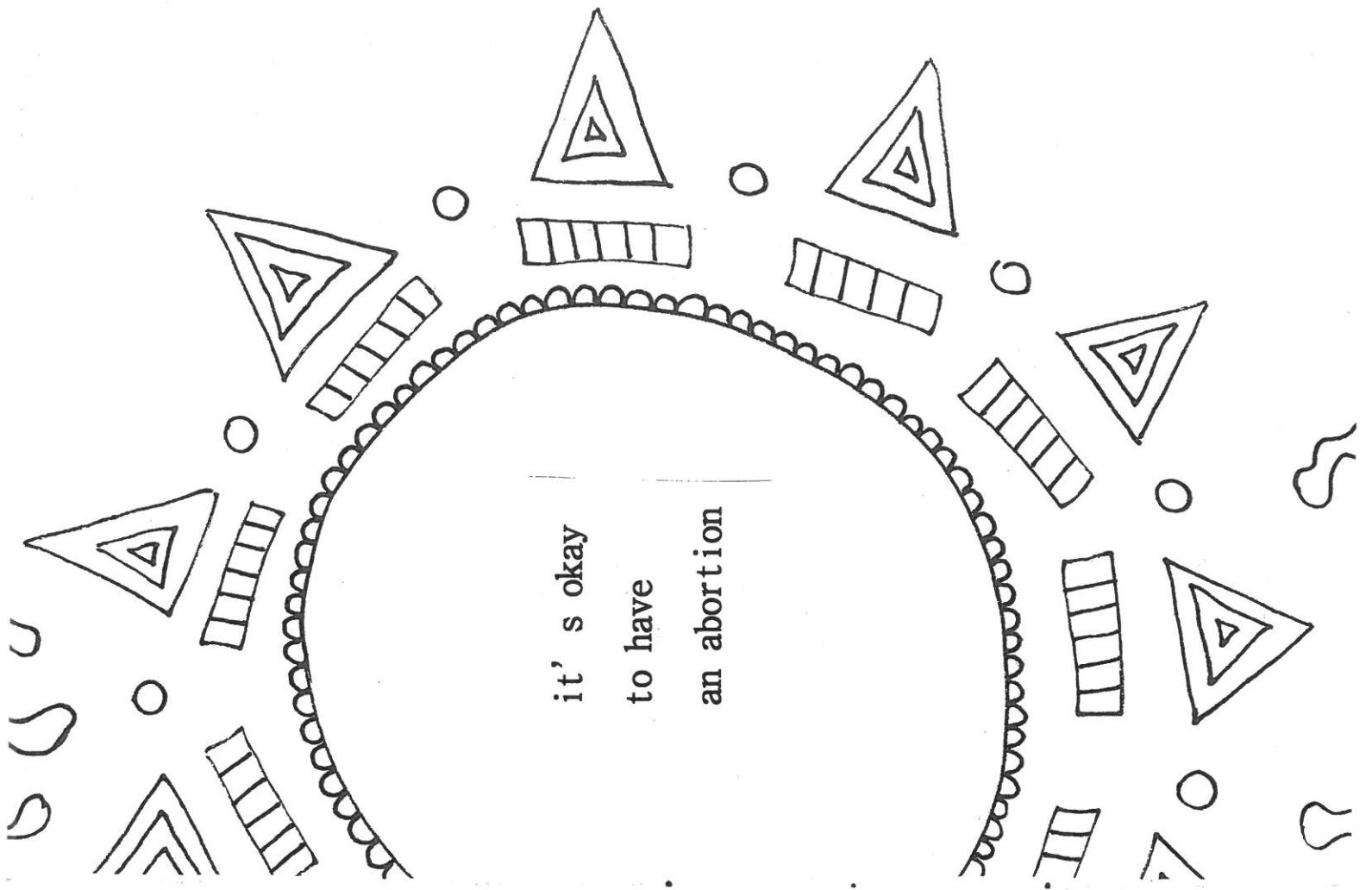
(if you hold the page right side up against a light, the opposite side should not be upside down)

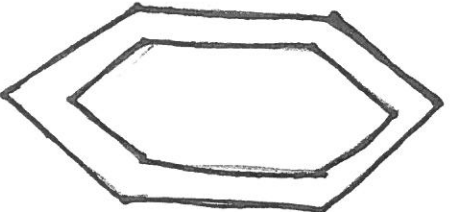
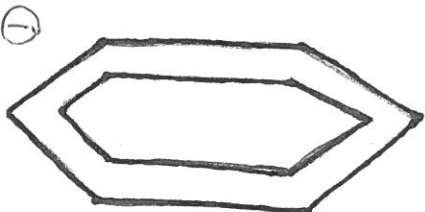
On the left and/or right side of the bottom corner on one side of each page has a number.

Lay the pages down with the numbers facing you starting with 1, then put 2 on top, then 3 last on top.

Fold the book in half and you're done! You can staple or sew the pages together.

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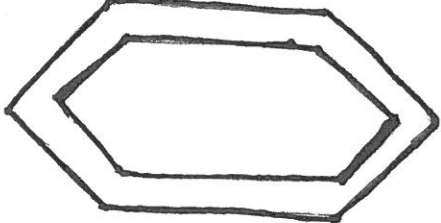
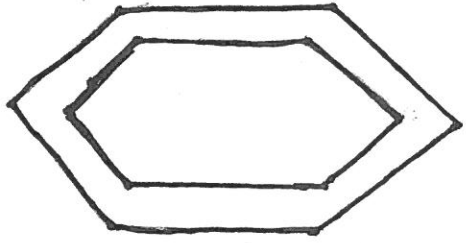




MY STORY

IS

MINE

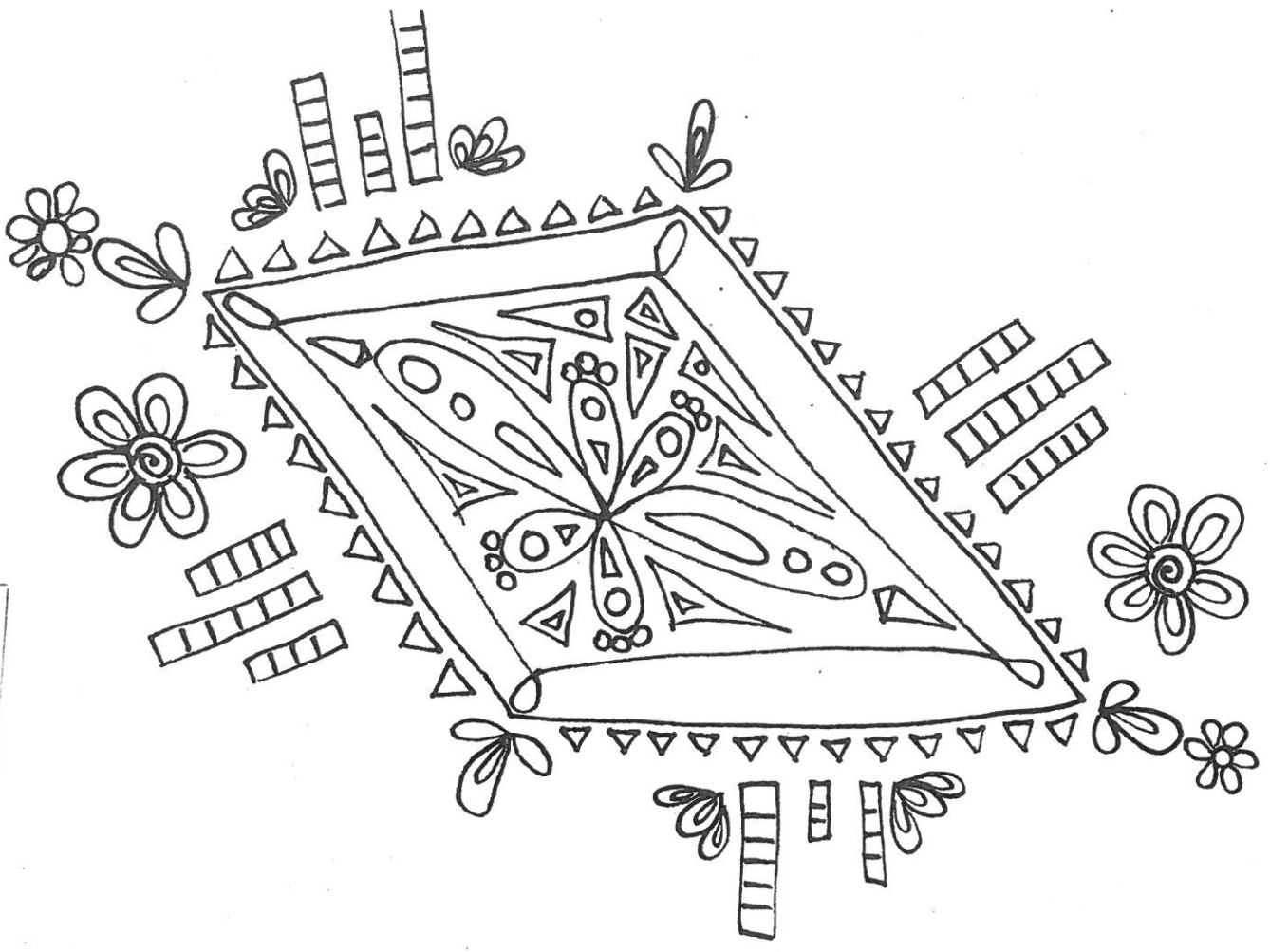


MY ABORTION DOESN'T  
STOP ME FROM  
CARRYING A FUTURE  
PREGNANCY TO TERM.

MY COMPLICATED FEELINGS  
ARE OKAY.



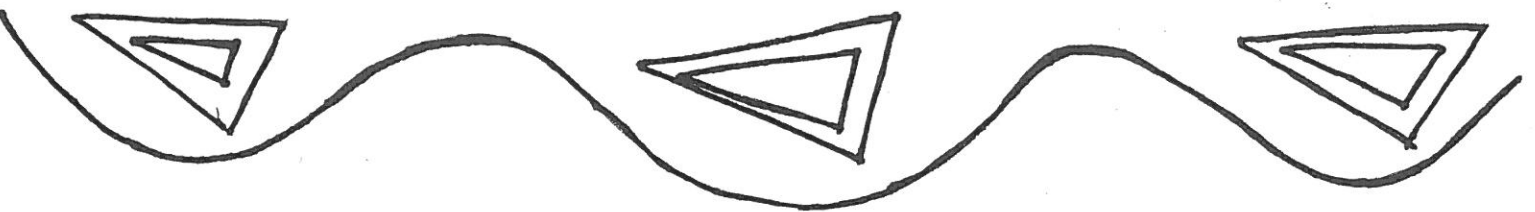
RAISING A CHILD IS NOT IN  
THE CARDS



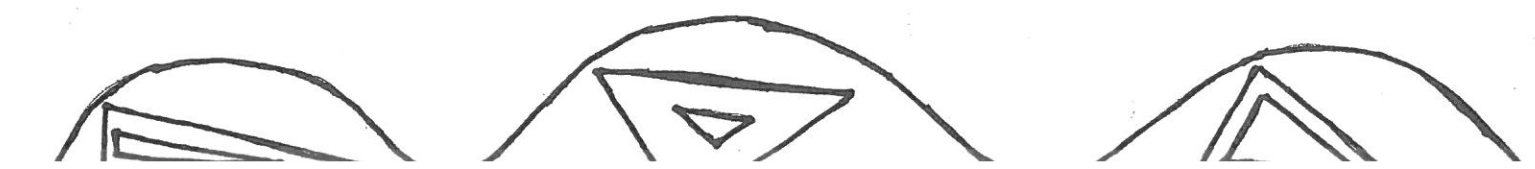
Zine Creators

**Giselle** is a postpartum, labour, abortion, and pregnancy loss doula and yoga instructor in Toronto. Learn more about them at [fullspectrumdoula.ca](http://fullspectrumdoula.ca)

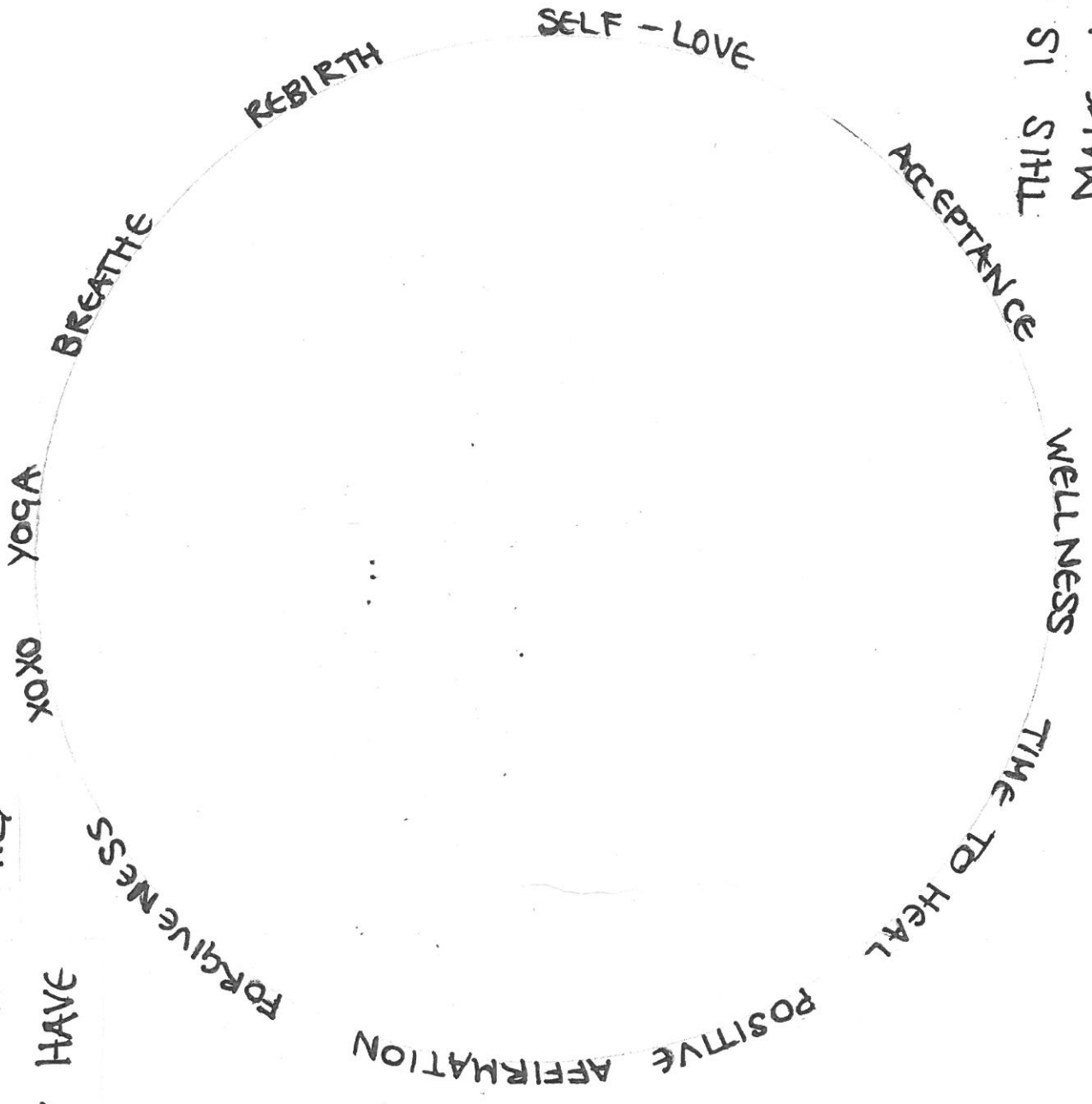
**Tynan** is a sexual health counsellor, sex & birth educator, and aromatherapist in Toronto. Learn more about them at [tynanrhea.com](http://tynanrhea.com)



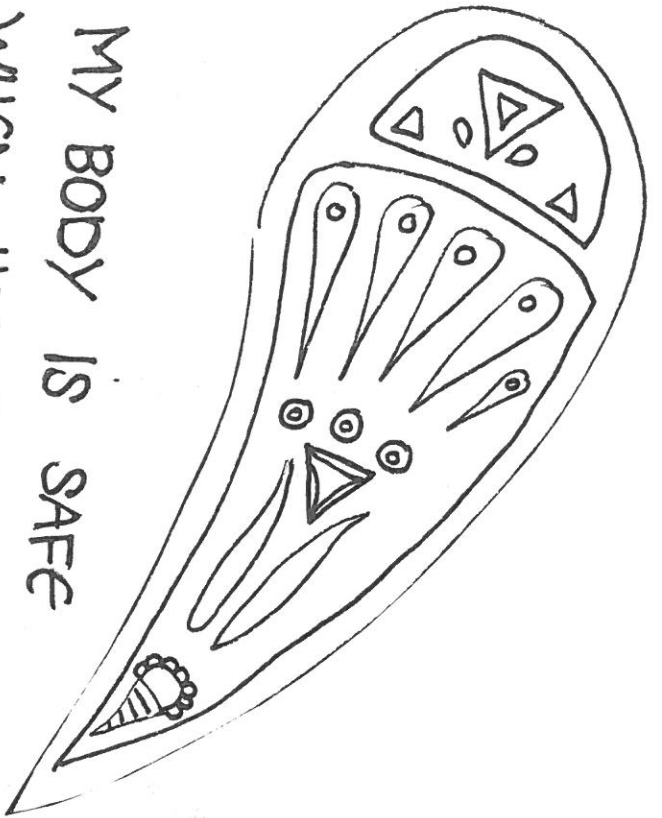
MY CHOICE IS  
VALID AND  
GOOD ENOUGH  
FOR ME



I AM CHOOSING TO  
LOOK AFTER THE FAMILY  
I ALREADY HAVE



THIS IS MY CHOICE TO  
MAKE WITHOUT GUILT,  
COERCION OR NEGATIVITY



MY BODY IS SAFE  
WHEN I'M SUPPORTED  
IN THE COMMUNITY  
TO LEGALLY ACCESS  
AN ABORTION



TRUST YOUR GUT

FOREVER AND ALWAYS

