

To assemble the zine:

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

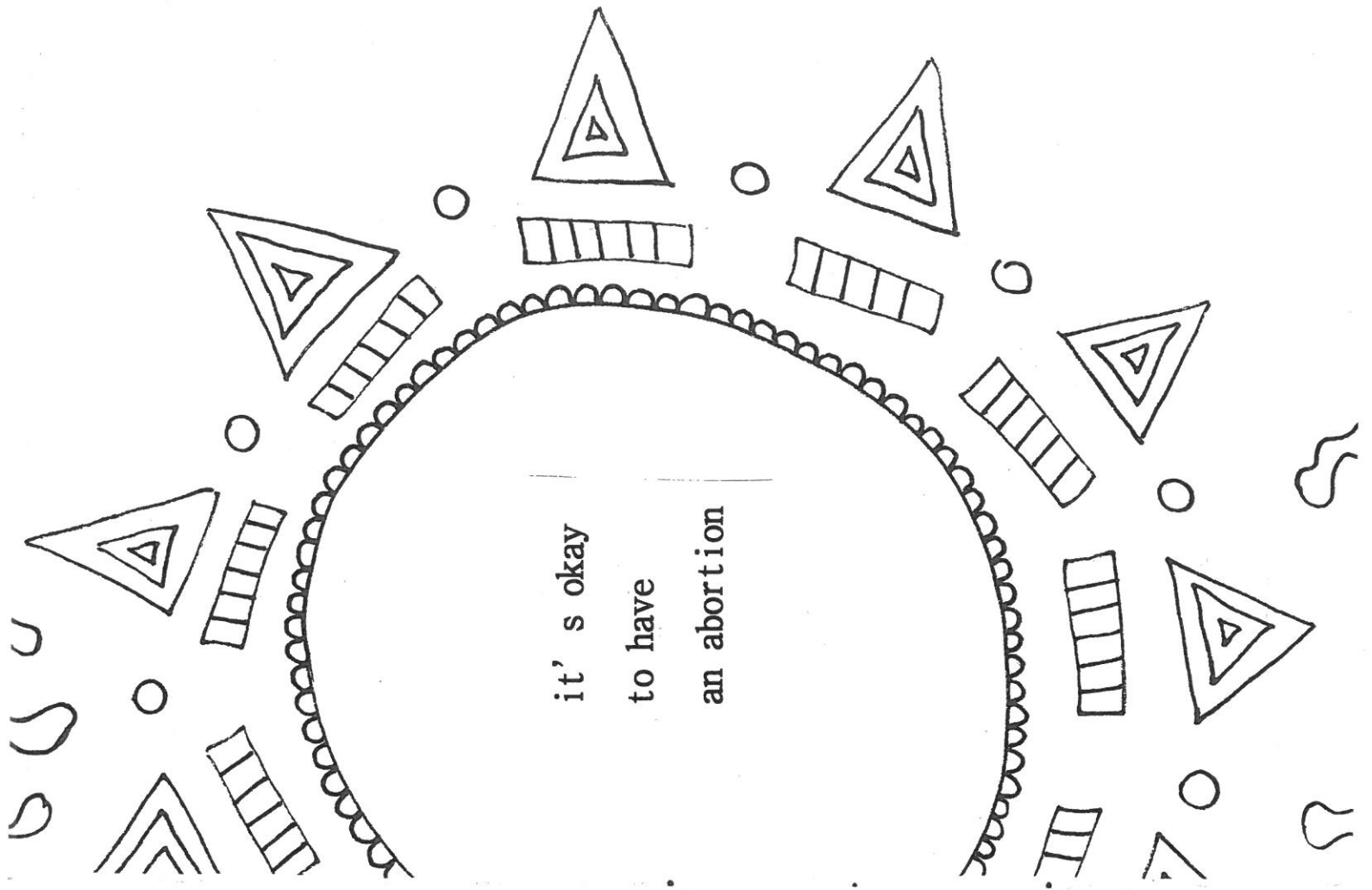
(if you hold the page right side up against a light, the opposite side should not be upside down)

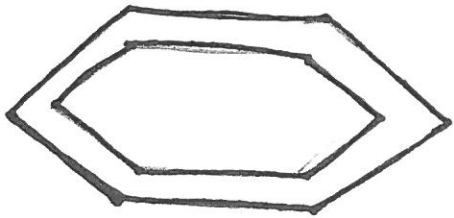
On the left and/or right side of the bottom corner on one side of each page has a number.

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

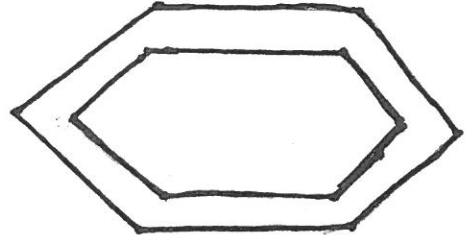
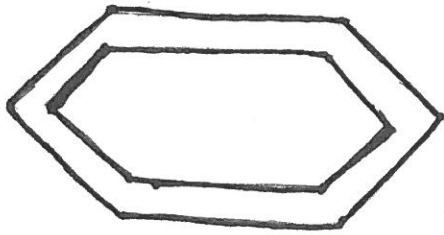
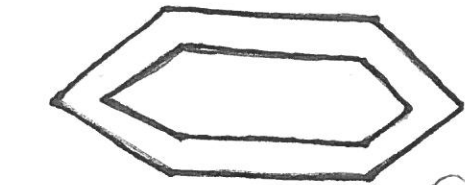
Fold the book in half and you're done! You can staple or sew the pages together.

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MY STORY
IS
MINE

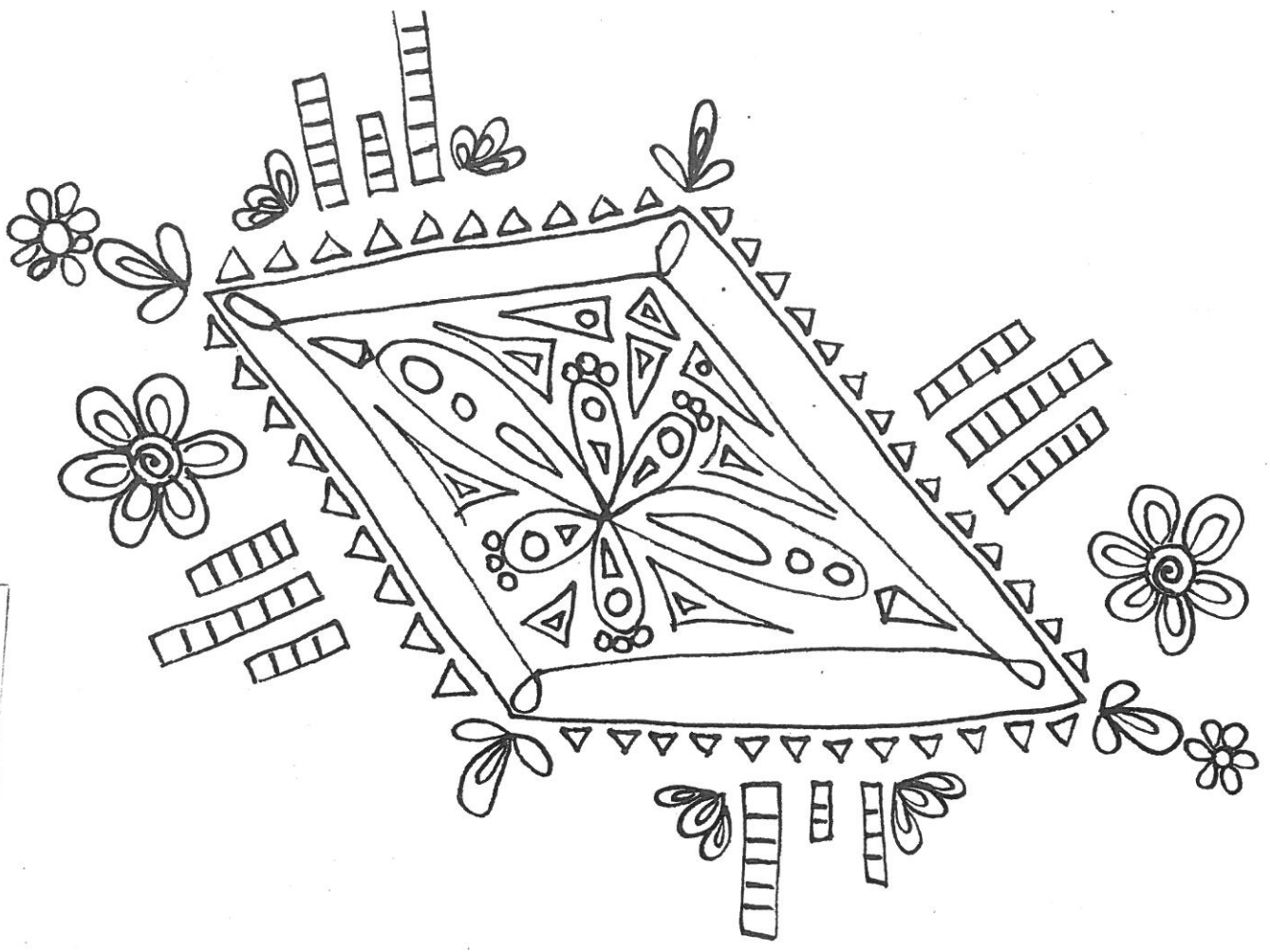


MY ABORTION DOESN'T
STOP ME FROM
CARRYING A FUTURE
PREGNANCY TO TERM.

MY COMPLICATED FEELINGS
ARE OKAY.



RAISING A CHILD IS NOT IN
THE CARDS

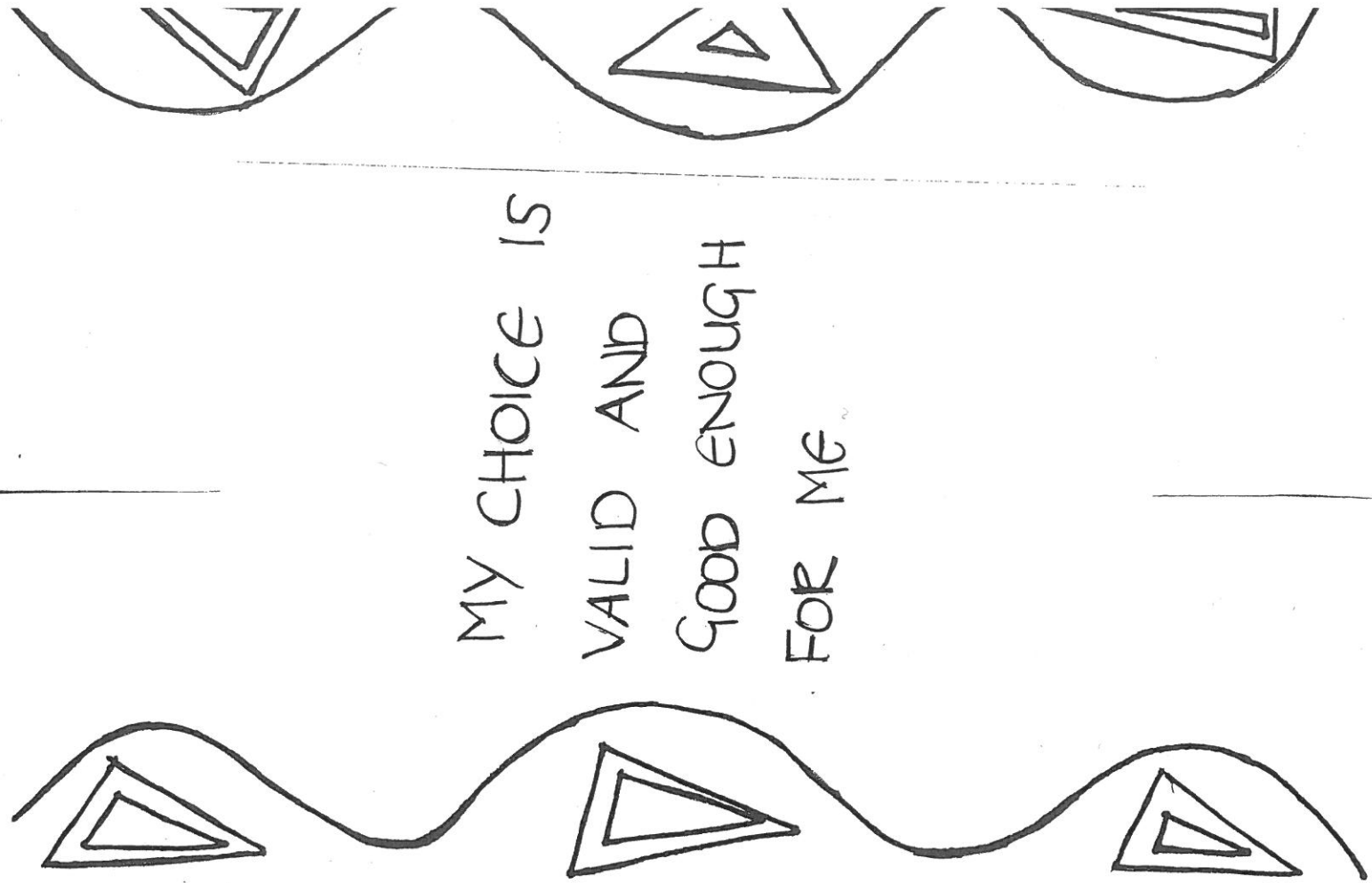


Zine Creators

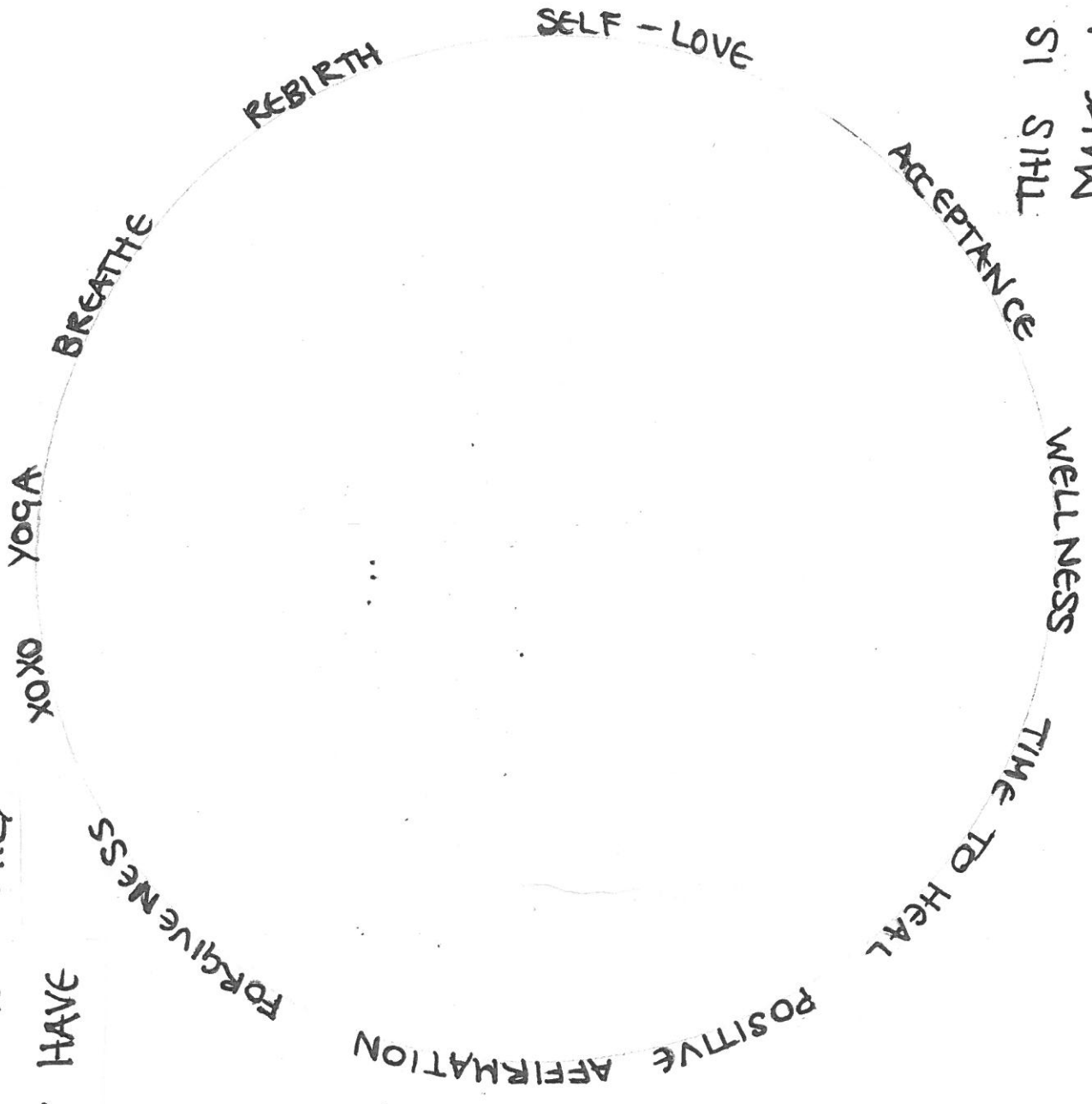
Giselle is a postpartum, labour, abortion, and pregnancy loss doula and yoga instructor in Toronto. Learn more about them at fullspectrumdoula.ca

Tynan is a sexual health counsellor, sex & birth educator, and aromatherapist in Toronto. Learn more about them at tynanrhea.com

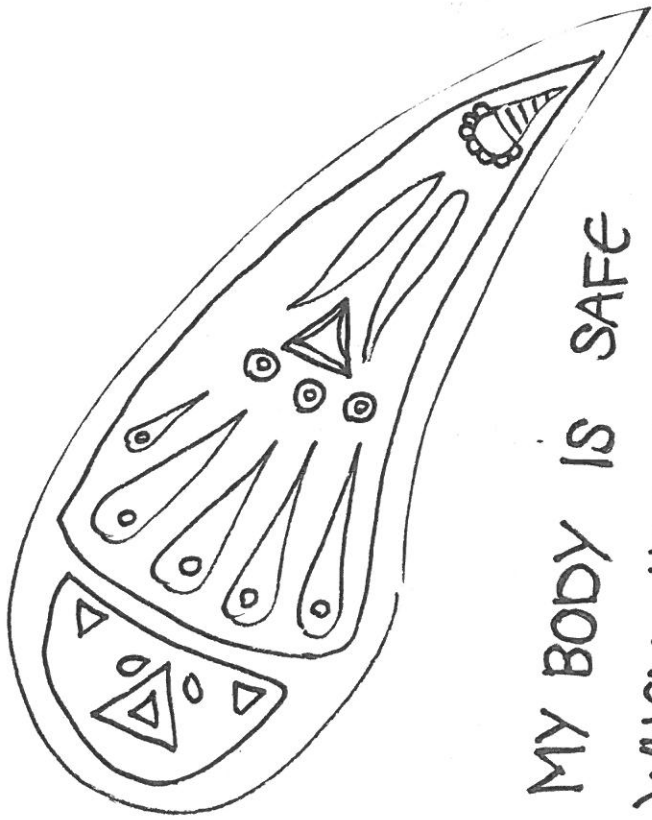
MY CHOICE IS
VALID AND
GOOD ENOUGH
FOR ME



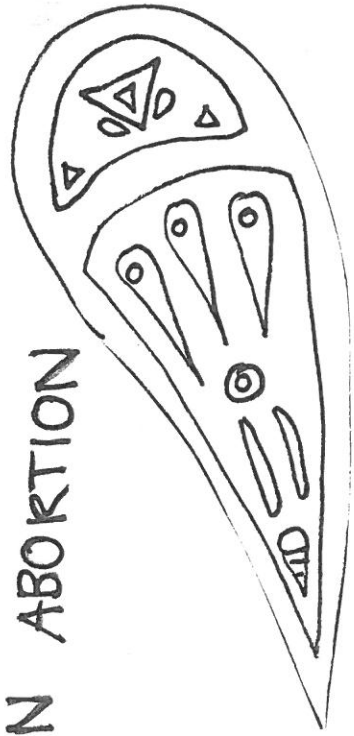
I AM CHOOSING TO
LOOK AFTER THE FAMILY
I ALREADY HAVE



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

