

Getting to Tomorrow

Colouring Sheets and Activities

HARM REDUCTION IS NO JUDGMENT
HARM REDUCTION IS CHANGING OLD SYSTEMS
HARM REDUCTION IS KEEPING PEOPLE ALIVE
HARM REDUCTION IS MEETING PEOPLE WHERE THEY ARE
HARM REDUCTION IS CHECKING PERSONAL BIAS
HARM REDUCTION IS SAFE INJECTION
HARM REDUCTION IS NO JUDGMENT
HARM REDUCTION IS CHANGING OLD SYSTEMS

Getting to Tomorrow

We are in a drug toxicity crisis, brought about by a myriad of systemic harms including colonization and the war on people who use drugs. Our friends, family and loved ones are dying.

We imagine a better world, one where evidence and heart-based solutions are developed and implemented by people who use drugs. Some of the solutions are illustrated here, as well as other activities we will complete together during the Getting to Tomorrow Dialogues.

We all love someone who uses drugs.

Colouring pages and artist reference statements by Arielle Villarin.



Supply Distribution



01. Supply distribution – Wild grape. Use of vines to denote distribution and reach

Naloxone Access



02. Naloxone – Black-eyed susan, which is used as medicine by First Nations to counteract snake bites. It represents "justice" in the Western context of the language of flowers.

Managed Alcohol Programs



03. Managed Alcohol Programs - Chamomile, meaning patience through adversity.

Withdrawal and Detox Management



04. Withdrawl and Detox management -
Tulips, meaning unconditional love.
Everyone deserves a safe space.

Drug Checking



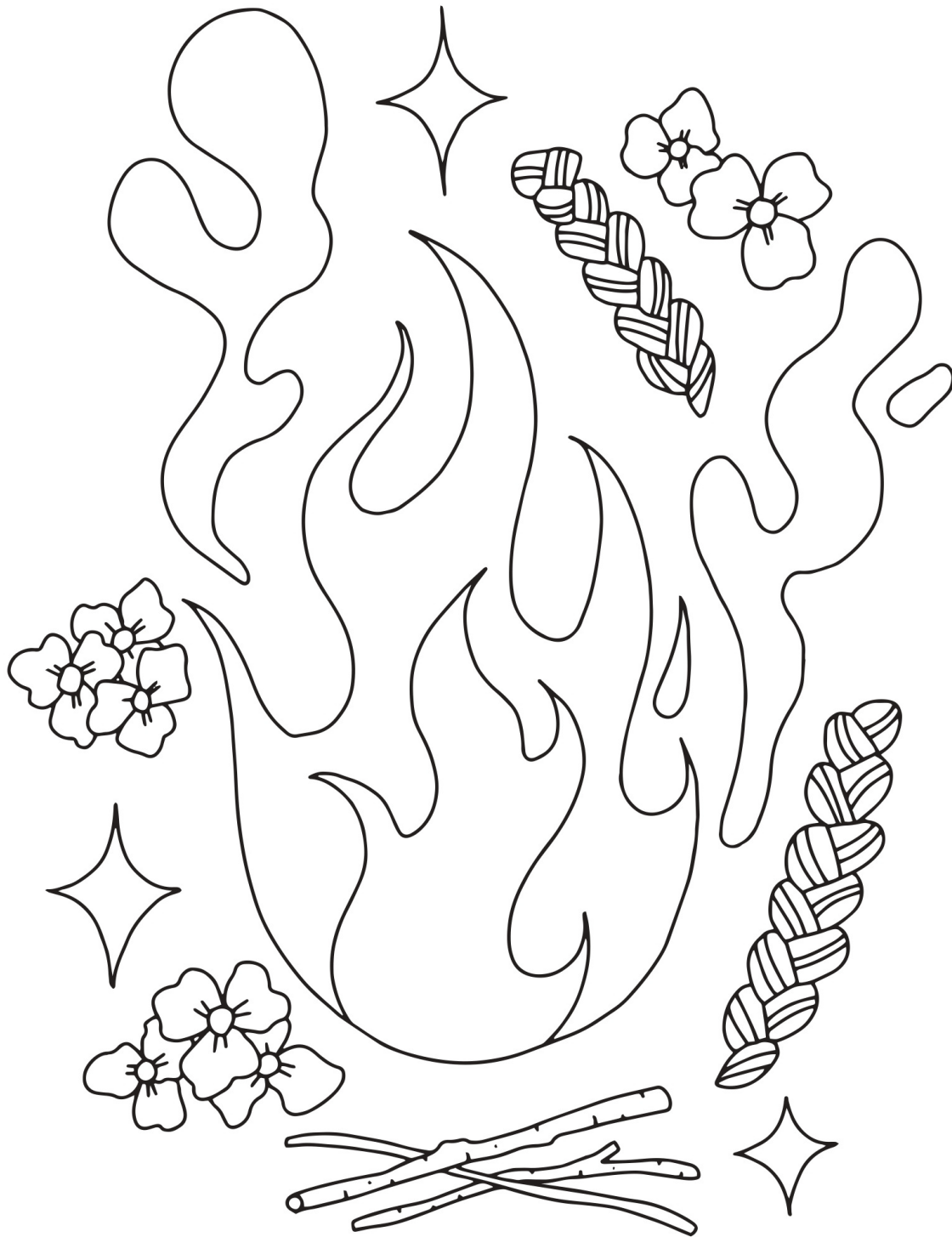
05. Drug checking - Hyssop and (white) roses. Hyssop is known to symbolize cleanliness and white roses are a symbol of purity.

Supported Consumption



06. SCS - Supported/supervised/safer consumption - Milkweed and butterflies. Milkweed means freedom (or to "let me go") and butterflies mean transformation and renewal. Milkweed also gets its genus name from Asclepius, Greek god of medicine.

Treatment/Recovery



07. Treatment/Recovery - Using fire to represent healing and renewal and sweetgrass to represent medicine.

Safe Supply

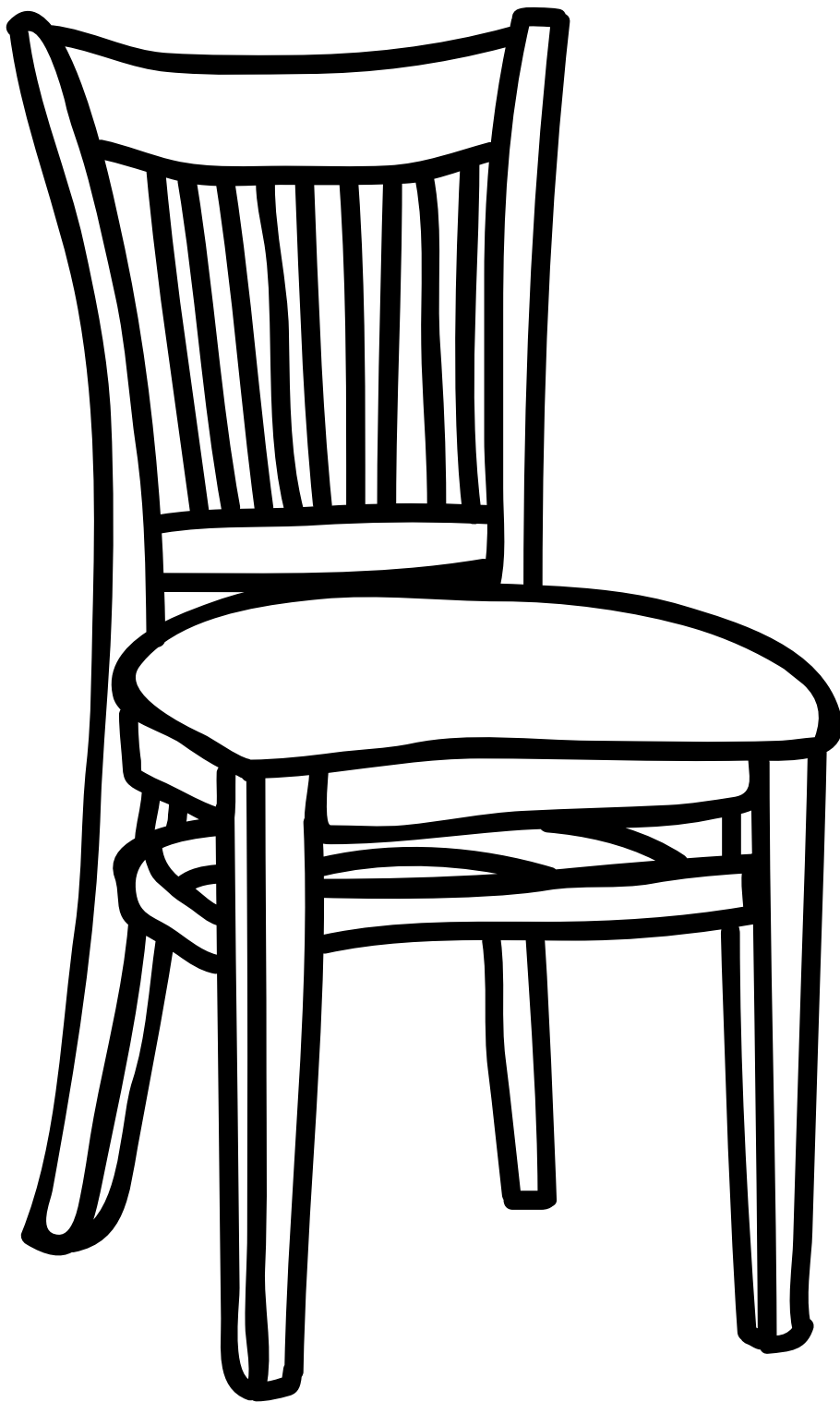


08. Safe supply - Sweet pea, which means "blissful pleasure" in the language of flowers. Also means "thank you for a lovely time (as a goodbye)."

Community

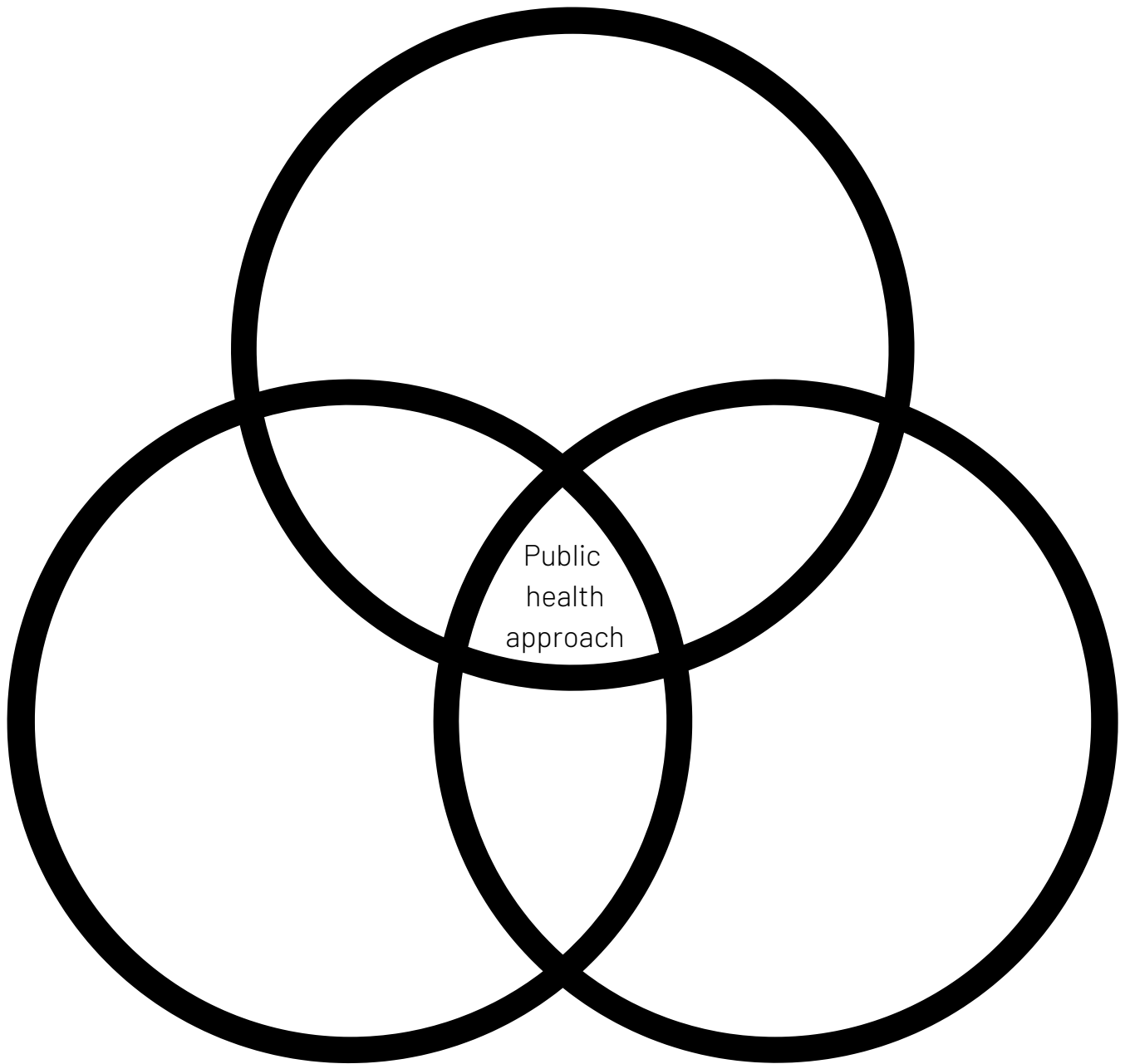


09. Community - A wreath made of plants used in previous illustrations, to symbolize togetherness and unity. It also traditionally, in Western contexts, represents (eternal) life.



The Empty Chair Campaign, initiated by the loved ones of people who use drugs, serves to memorialize and note the people who will not be at our tables. You can use it to write names or qualities of someone you love who uses drugs.

What 3 things do we need to create a public health and human rights based approach to substance use?



Visualization Exercise

What would your community look like in 2025 if preventing overdose became a top priority?