

ALONE TOGETHER

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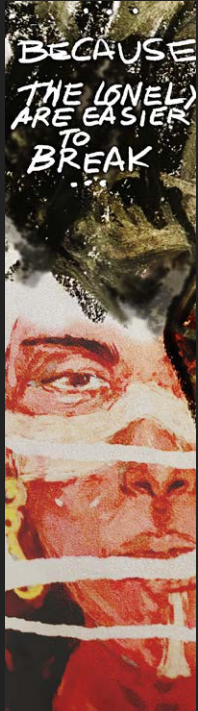
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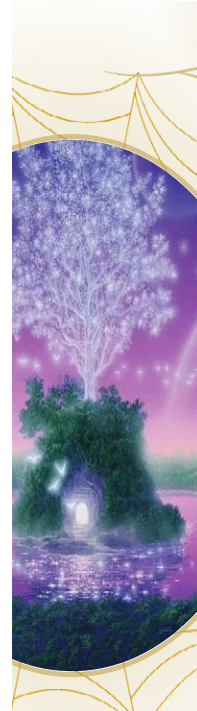
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LAND ACKNOWLEDGMENT

Girls Action Foundation exists and operates on the Indigenous land of Turtle Island, with headquarters in the Kanien'kehá:ka territory of Tio'tia:ke.

We stand with the Wet'suwet'en Peoples

This second edition of Support is essential is supported by the McCall MacBain Foundation.

RECONNAISSANCE DU TERRITOIRE

La Fondation filles d'action agit sur le territoire autochtone de l'Île de la Tortue. Elle est basée sur le territoire Kanien'kehá:ka de Tio'tia:ke.

Nous sommes solidaires avec la nation Wet'suwet'en

Cette deuxième édition du Soutien est essentiel est soutenue par la Fondation McCall MacBain.

INTRODUCTION: ZINE CREATION PROCESS

INTRODUCTION: PROCESSUS DE CRÉATION DU ZINE

SUPPORT IS ESSENTIAL

This collective Zine was created by the Alternative Support Group is one of the activities of the second edition of the Support is Essential program of the Girl Action Foundation and was supported by the McCall MacBain Foundation.

The alternative support group took place during the fall of 2022, it lasted eight meetings on Zoom with the art therapist Éli Abdellahi. For the creation of this BIPOC/QTBIPOC zine (blacks, natives, racialized people, queer, trans) named *Alone/Together*, the participants received two zine workshops with the artist Hasina Kamanzi

in person at the Museum of Fine Arts and the participants continued their works at home with the artistic material included in this program. The group consisted of 6 participants. They showed up to every session braver than the last, having the courage to be vulnerable with each other. We were alone together. This zine was illustrated by Hagar Moussali.

LE SOUTIEN EST ESSENTIEL

Ce Zine collectif a été créé par le groupe de soutien alternatif dans le cadre d'une des activités de la deuxième édition du programme le Soutien est essentiel de la Fondation Fille d'action. Celui-ci a été soutenue par la Fondation McCall MacBain.

Le groupe de soutien alternatif s'est déroulé pendant l'automne 2022, huit rencontres ont eu lieu sur Zoom avec l'art thérapeut.e Éli Abdellahi. Pour la création de ce zine BIPOC/QTBIPOC (noirs, es, autochtones, personnes racisées, queer, trans) nommée

Alone/Together, les participant.es ont reçu deux ateliers de zine avec l'artiste Hasina Kamanzi, en personne, au Musée des Beaux-arts de Montréal. Les participant.es continuaient leurs œuvres chez soi avec le matériel artistique inclus dans ce programme. Le groupe était composé de 6 participant.es. Iels se sont présenté.e.s à chaque session plus brave que la précédente, ayant le courage d'être vulnérables les un.e.s envers les autres. Nous étions seul.e.s ensemble. Pour finir, ce zine a été illustré par Hagar Moussali.

THANK YOU

REMERCIEMENT

The Girls Action team would like to thank all the participants who have contributed directly or indirectly in this zine for their time, their voices, their creations, their sharing of experiences!

We present to you the authors of the zine **Alone/Together**.

L'équipe de Filles d'action tient à remercier toutes les participant.es du groupe de soutien pour leur confiance, courage, créativité et les partages de leurs expériences.

On vous présente les auteur.trices du zine **Alone/Together**.

MAYA I'm Maya, a 22 years old woman who is still searching myself but the path has been beautiful! :-)

LOU Lou is occasionally a freelance artist or an art streamer, but mostly they are just lost in space. (Find them on the internet [@pxales](#))

CAROL Carol is a self taught artist who dabbles in a little bit of everything and believes they can accomplish anything.... If they'd

SINTHUSHA

only get started. They long to make connections, hoping that at least one other person might see their work and think « I'm not alone ». Their main inspiration is their infinite inner world they've had so much time to cultivate; ranging from spiralling depression animations to making princess dress up games to print out.

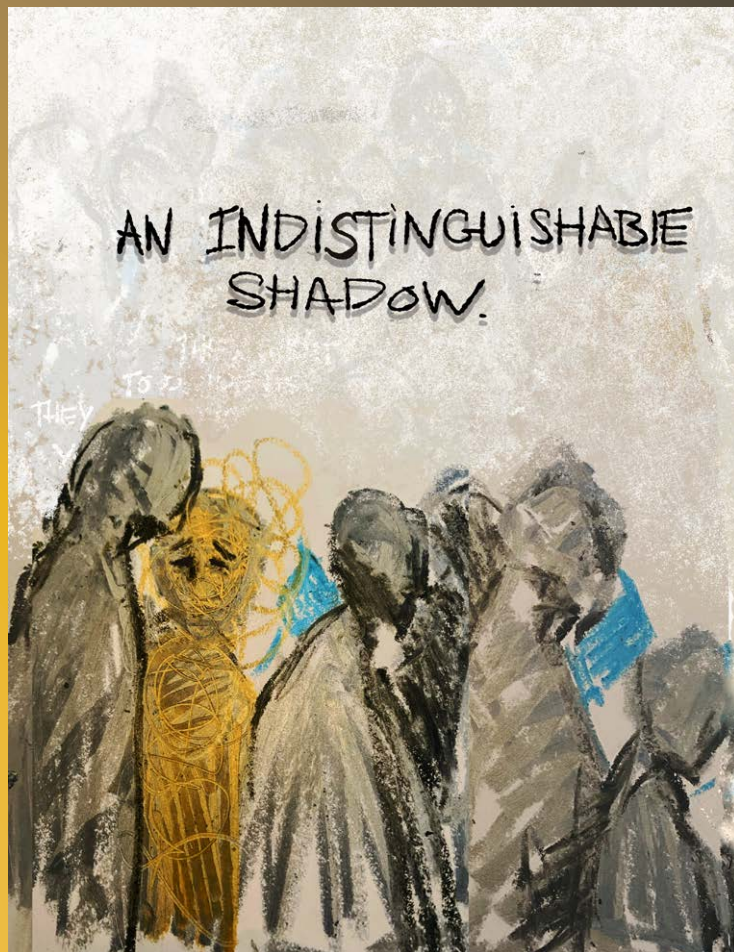
(she/her) is a Tamil-Sri Lankan Canadian born to parents who fled the civil war and was raised in and reside in Tio'tia:ke (also known as Montreal). She is a professional henna artist, community organizer, and social entrepreneur and is the founder of a non-profit organization, Divinart Foundation, where funds are raised through her passion for henna and the proceeds are used to help empower local and global communities in solidarity with grassroots organizations that strive to support women living in vulnerable conditions who are often overlooked by society.

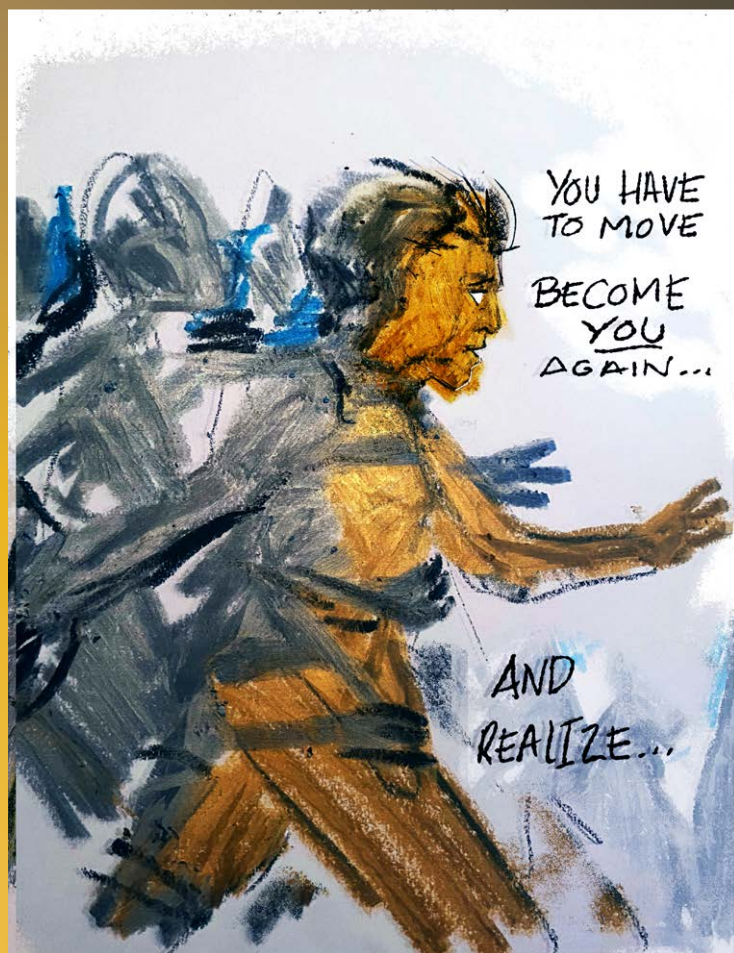
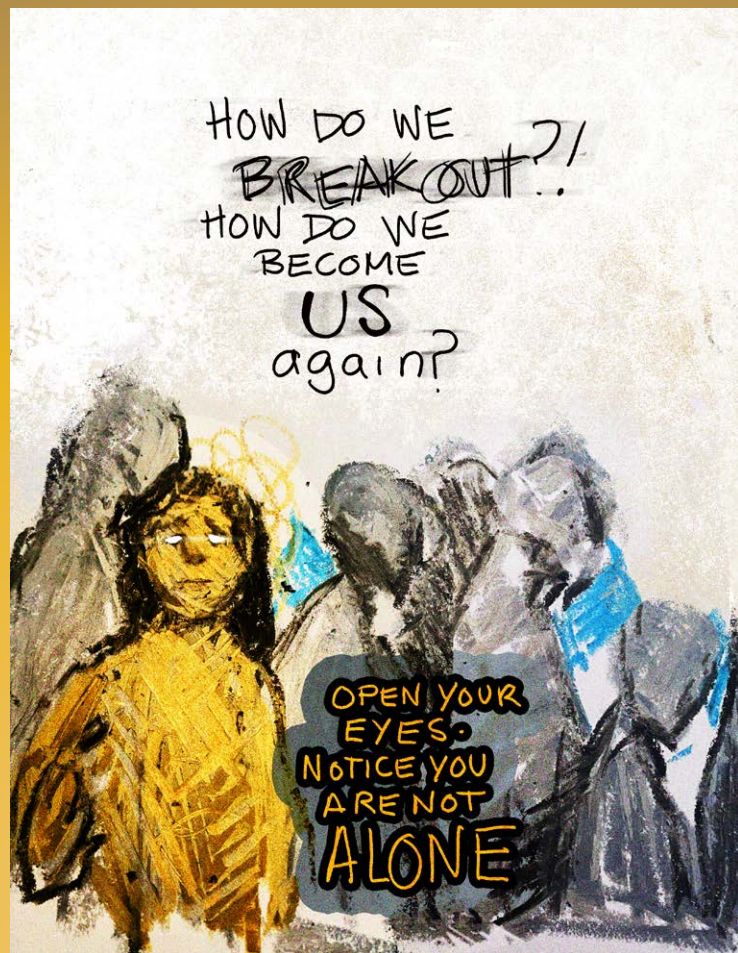
She believes that her life's purpose is working with like-minded individuals to uncover, unlearn, and change structural conditions that will improve the lives of racially oppressed groups. Sinthusha strives to spread pure positivity throughout people's lives and is driven to pave her own path as a racialized young woman of colour.



P A S T
P A S S É

ANSWER





SHOAL





P R E S E N T

PRÉSENT

F U T U R E

FUTUR

T O U T . E S S E U L . E S



ENSEMBLE



TOUT.ES SEUL.ES ENSEMBLE BY CAROL

THENDING TO MY *INNER GARDEN*

Tending to my *inner garden*

Choosing *her*.

Loving *her*.

Claiming *her*.



All of her.

Alone
together.

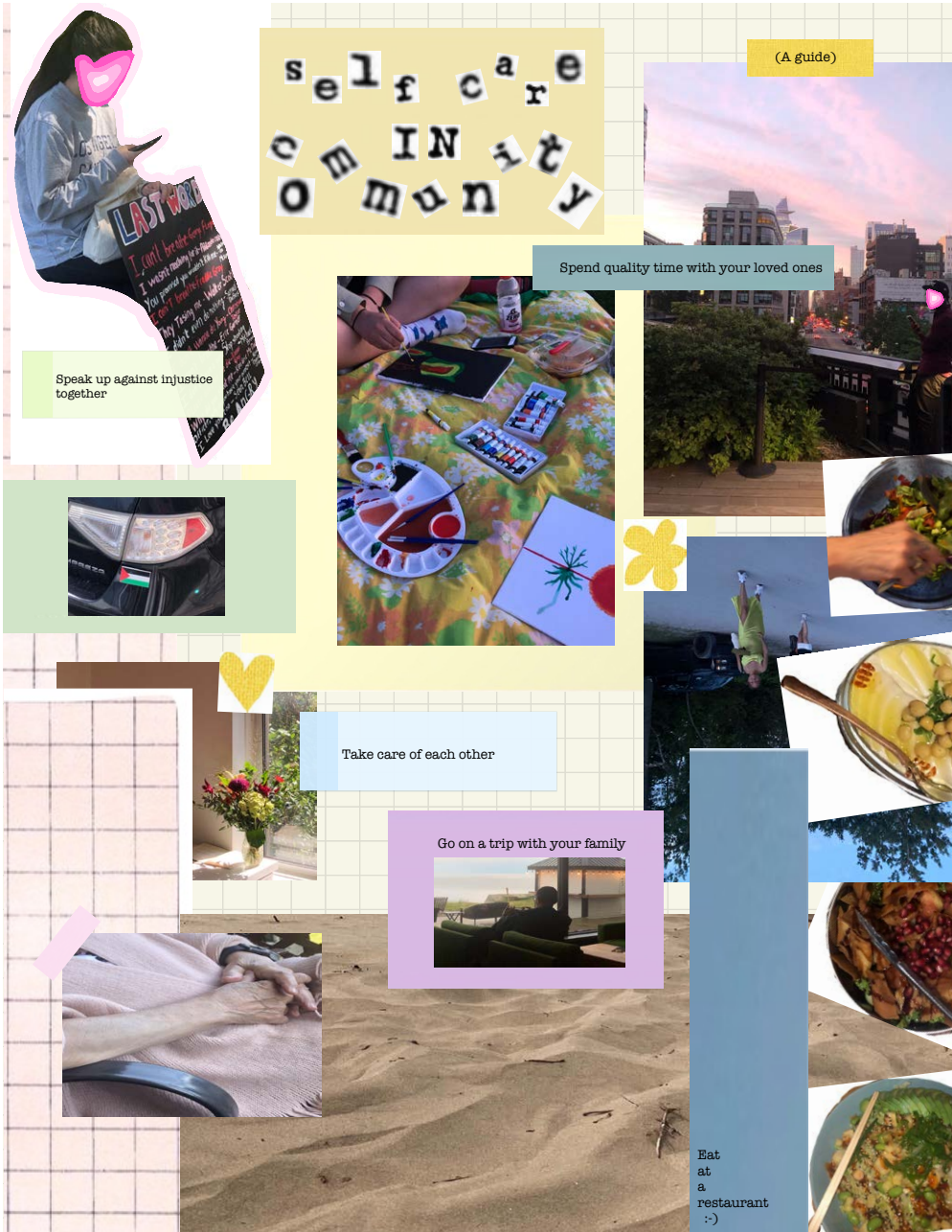
Artists featured in the work:
Leena Bennetto
Gilber Williams
Collage by: Sinthusha Kandiah

SHOAL



*there's
a place
for you
here.*

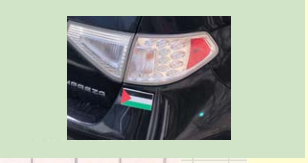
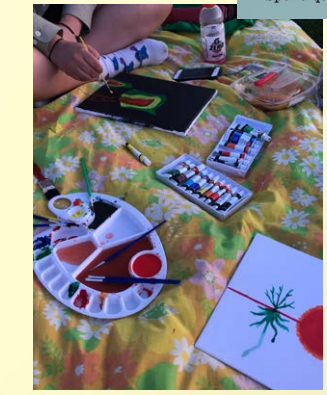
“LE GUIDE”



Speak up against injustice together

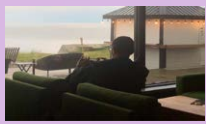
self care
community

Spend quality time with your loved ones



Take care of each other

Go on a trip with your family



Eat at a restaurant :-)



SUPPORT IS ESSENTIAL

LE SOUTIEN EST ESSENTIEL

HOW TO FIND US COMMENT NOUS TROUVER

INSTAGRAM: [@girlsaction_fillesdaction](#)

FACEBOOK: [@girlsaction.fillesdaction](#)

TWITTER: [@_girlsaction](#)

COURRIEL: info@girlsactionfoundation.ca

WEBSITE: www.girlsactionfoundation.ca

