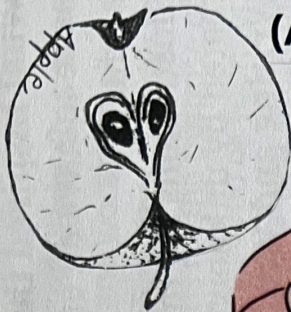


by: kuwa jasiri Indomela (beauty)

FREE YOURSELF



Emotionally Available Parenting



ZINE
MAKING
SERVICE

We offer a storytelling platform that curates your topic(s) into accessible learning tools. Your custom, interactive zine will be hand-crafted using various mixed medium art forms: collage, writing, infographics, inks, and pencil. Through the art of storytelling, you can build community, spread knowledge, and support our organizational mission.

<https://artisticapothecary.org/services/>

V"Kno (he/him) is an African painter whose art allows for relief and release of racial tensions. He is passionate about keeping dollars and wealth circulating in his community; doing everything in solidarity with his people. He is currently incarcerated, with an attorney advocating on his behalf. He welcomes letters from pen pals and money orders from people on the outside. Born August 4, 40 years ago.

Spikits Beyond



V"Kno
(he/him)

***What inspired this zine?** My inner child's desire to have an emotional connection with my parents.

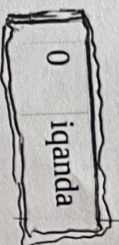
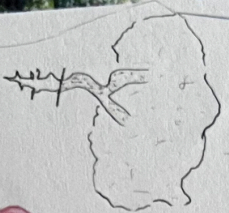
***Illustrations by/** Images found on social media, created by unknown.

***Writing and Workshop by** kuwa jasiri Indomela (beauty). Workshop debut during 12th annual African Trans Advocacy

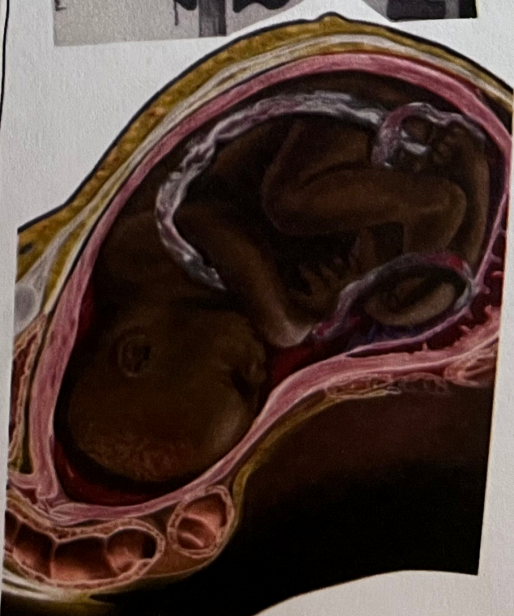
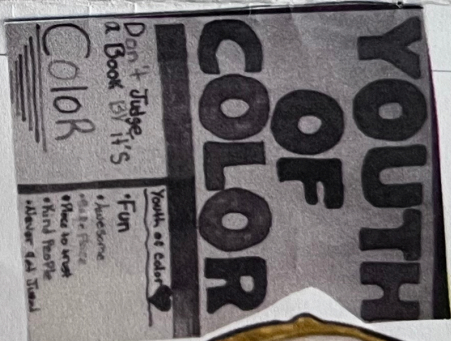
LETTERS fold

Conference

About Me: kuwa jasiri (first name) is the founding steward at Artistic Apothecary. For over a decade beauty offers trauma informed care that centers marginalized intersections using tailored sessions and cultural rituals. As a spiritual, Nature based practitioner beauty priorities zero waste, culturally competent, gender affirming, liberatory services.



Designed Especially for



QUESTION V"Kno's stories that accompany his painting were able to be shared here. His art in full can be experienced at

INSTAGRAM @84vknomichellebasqiatt

Always include inmate identification number. Learn more about our Incarcerated Pen Pal Service

Mr. Michelle Hebron #43396-037

Federal Bureau Of Prisons

Post box 474701

Des Moines, Iowa 50947

MONEY ORDERS

Mr. Michelle Hebron

#43396-037

Carswell Federal ADX Max

Post box 27137

Apache lands

Fort Worth, Texas 76127

LETTERS

Essential TOOLS

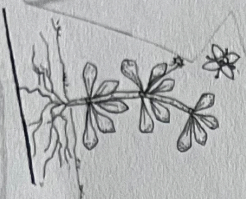
REFERENCES | FUTURE STUDY

~Self Care Zine by kuwa jasiri Indomela
 ArtisticApothecary.org/my-e-zines-free/
 ~The Power Of Now Book by: Eckhart Tolle
 ~Children Of Emotionally Unavailable Parents
 Book by: Lindsay C. Gibson
 ~youtube@ArtisticApothecary, live tab, Emotional
 Tending Tools

*5 songs with a similar message as your zine

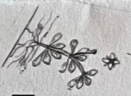
*Affirmations to motivate folks to do the work

*reflection questions to move conversation
 around zine topic forward



12

ishumi nambili



***what is this zine**
 Based on our wellness sessions and workshop allows
 gender expansive people of the global majority to
 intentionally explore their emotions for the purpose of
 nurturing healthy attachments with children or younger
 generations. Full of practices that support a wide range of
 relationship building centered around raising youth. With
 an interactive framework, explore yourself.

***who is this zine dedicated to?**
 The young one's praying for support. The older
 one's changing the world.

***Language of page numbers Zulu (isiZulu)**
 A Bantu tribal language spoken mainly in South Africa.



ARTISTIC APOTHECARY

Family Health

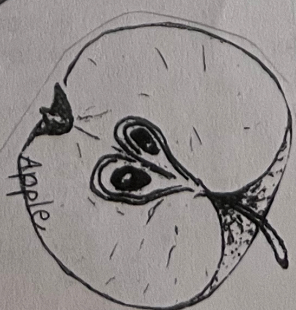
Gender Affirming &
 Liberatory Services

Emotion ~ Spirit ~ Culture

Preconception ~ Postpartum
 Parenting ~ Passing
 Adopt, Blend, Inherit

JOIN OUR TEAM
 ArtisticApothecary.org

***Zine Making and Consulting by**
 Artistic Apothecary



Full Spectrum Health
 weaves together mind,
 body, spirit,
 emotions and one's culture.



SONG

I got emotions, you have them too. I have emotions, I share them with you.

sure to have more fun

CONTENTS

potent content and trigger warning – exploring emotions, especially while lacking support and practice, may hinder your ability to show up to regular activities.

Welcome

Prayer

Mindfulness Activities

Emotional Items

Emotional Labour

Birth Stories

Family Tree

Identify Emotions

Emotional Routine

Letter To Self

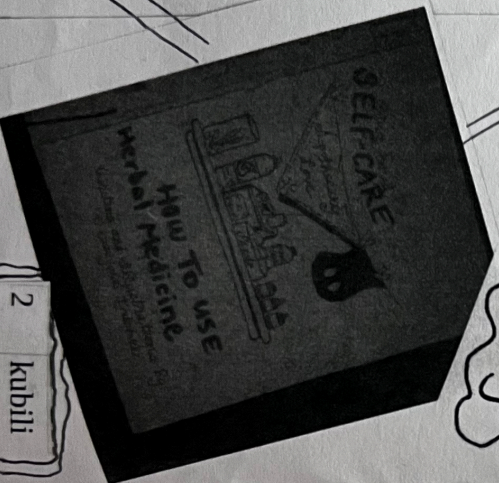
Emotional Maturity

Support Systems

Gratitude

References

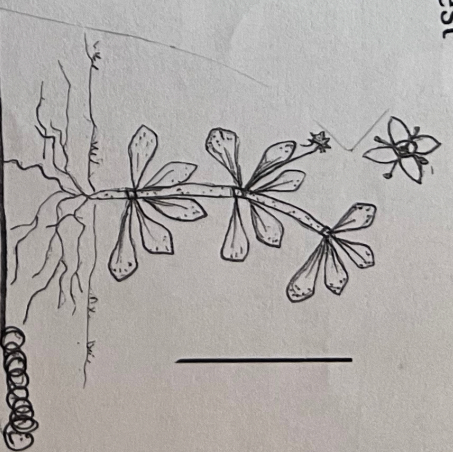
Affinity Gatherings



2

kubili

✧ Support Systems: pleasure & rest



✧ Spirituality & Culture

continued study

13	ishumi nantathu
14	ishumi nane
15	ishumi nanhlanu
16	ishumi nesithupha
17	ishumi nesikhombisa
18	ishumi nesishiyagalombili
19	ishumi nesishiyagalolunye
20	amashumi amabili

11

ishumi nanye

★ **Emotional Maturity**
support – praise – respect – nourishment

★ **Mindfulness Activities**
ease the body, then the mind, then the spirit
The mindfulness activities will support you in exploring your emotions, more fully in the present moment. If you feel out of balance, more than slightly as this emotional process can rock you around, take a pause returning to the

★ **Emotional Items**
mindfulness suggestions.

Allow you to be present in the moment, while your emotions flow. These items represent beauty, self determination, play and grace.
Emotional Labour
accountability to actions and behaviours, doing own **emotional labour**. Noticing and initiating repair when you cause harm.

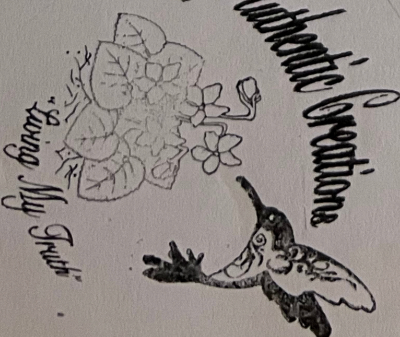
👁️ **Emotional Labour** uses empathy, forethought, self reflection and self regulation to nourish harmonious relationships within community.



10 lishumi

Shine on

3 kutathu

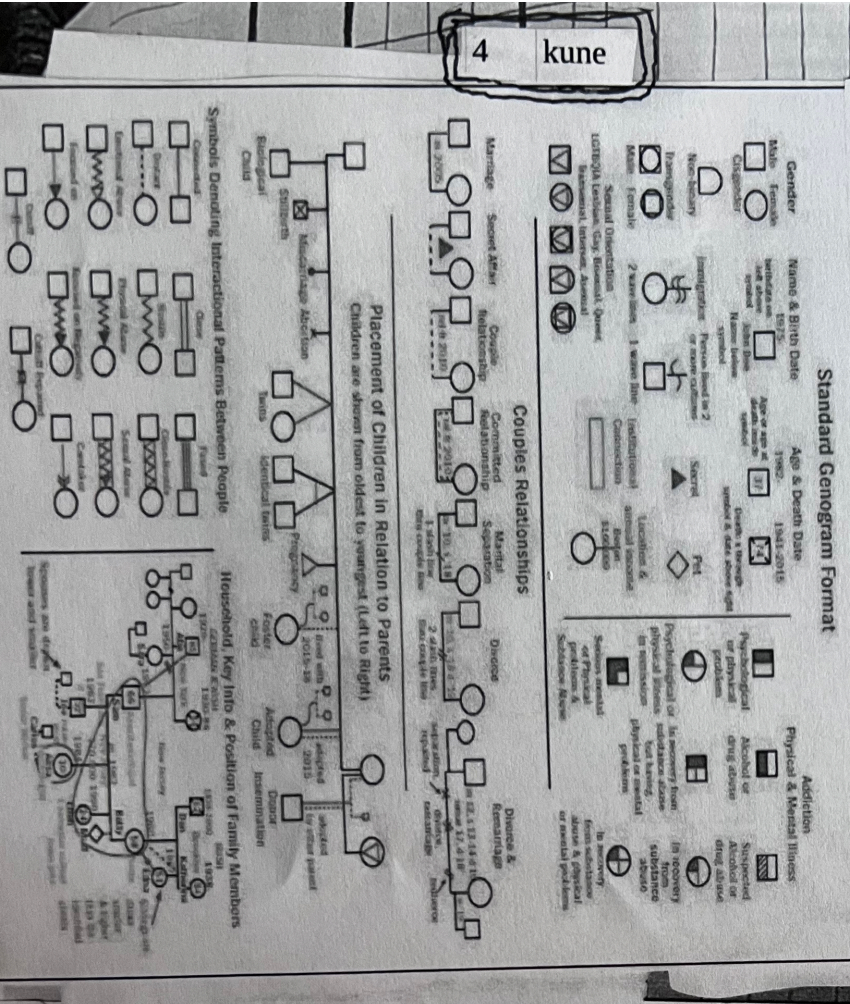


Birth Story: When, where, how, who, why, expand to conception & postpartum. Get as full a picture of your birth story as possible. Ask family members for support filling in the blanks and also to share their version of your birth story or their own.

An advanced practice is to make a spiritual ritual or reenactment of your birth in a way that remedies any hurt or trauma.

Family Tree

Detailed family trees used in medicine and social work with a pictorial display of a person's family relationships and medical story that visualizes hereditary patterns and psychological factors that punctuate relationships.



Letter To Self

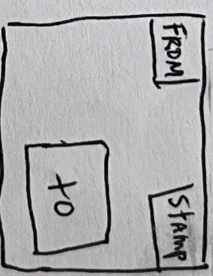
"Seeing your hand writing and reading the note made me tear up. Thank you for the love and care." -Kathy (she), Qi Gong instructor

"THANKS A lot FOR SENDING THE CARE PACKAGE. REALLY LIKED THE THOUGHTFUL MIX - ESPECIALLY THE EMOTIONAL SUPPORT ITEM"

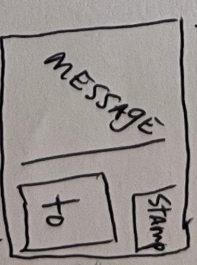
- NAIDILE, TEAM MEMBER

ADDRESS

envelope



post card



ADDRESS TEMPLATE

FACE LETTER & 3 ITEMS

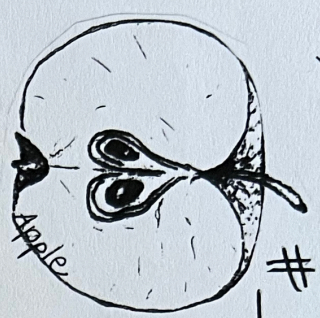
& STREET
occupied territory
colonial city & state
zip code

NATURE
AFFIRMATIONS
PRAISE

LOVE NOTES
NETWORK
CONTRIBUTE

9 isishiyagalolunye

★ HOW MANY OF EACH IMAGE IN ZONE?



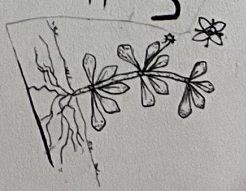


Nature Bingo

TREE	WORM	ROCK	FLOWER
SUN RISE	dragon FLY	EATEN LEAF	DRAW IN BLANK
BEE	FRIENDS	CATERPILLAR	stick
DRAW IN BLANK	SPIDER	WATER	BEETLE

☆ Cultural Celebration ☆

★ Identify Emotions ★



Aggressive	Angry	Anxious	Ashamed	Bashful	Bored	Cautious	Confident
Confused	Curious	Depressed	Determined	Disappointed	Disbelieving	Disgusted	Ecstatic
Embarrassed	Enraged	Envious	Exasperated	Exhausted	Frightened	Frustrated	Grieved
Guilty	Happy	Hopeful	Hurt	Indifferent	Interested	Jealous	Joyful
Lonely	Loved	Loving	Miserable	Optimistic	Overwhelmed	Pained	Puzzled
Regretful	Relieved	Sad	Satisfied	Shocked	Shy	Smug	Sorry
Stupid	Surprised	Suspicious	Thoughtful	Withdrawn			

Becoming clear about how you feel in every moment will allow you to learn to tend specific emotions.

Ever thought of how your hair reacts to certain emotions? Well draw in your hair or note it's characteristics.

Emotional Routine

Activities that allow you to be present in your body with your emotions flowing such as movement, crafts, wellness, Nature, rest, self-care, sensual, adventure, sounds, new things, socializing, silence, gratitude. You can use some form of habit trackers to support you in learning new ways of being.

Come

Colouring Pages

IMMERSE IN

