



Draw My Safe Space

Your feelings matter.



Take a moment to imagine a place where you feel safe.
Draw or digitally design it – it can be real or imaginary!

It can be...



Real



Imaginary



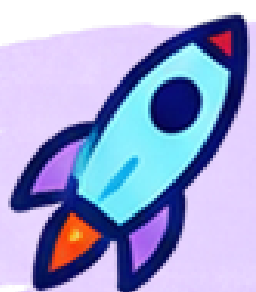
Outdoors



Their bedroom



Somewhere with friends



Somewhere completely fictional



What makes this place feel safe?

This can reveal what you actually need –



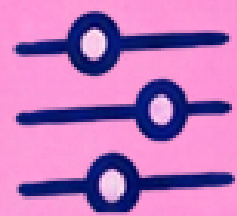
Privacy



Trusted people



Quiet



Control



Familiarity



Communication

A safe space isn't just a place...
It's what helps you feel okay.



EAENA
Epilepsy Association
Edmonton &
Northern AB
AWARENESS • EDUCATION • ADVOCACY
UNDERSTANDING CHANGES LIVES

