

Reinventing Strategies Ready, Mindset, GO!

Things to remember:

- The future you had imagined never included being victimized by crime. While this is a defining moment in life, do not allow this moment to define your life.
- It is never possible to go-back to exactly as you were before this victimization occurred; as you have been changed by what has happened. There is power and strength in learning how to reinvent yourself, to include what has happened and how you have come through this.
- Actions have the ability to change our feelings and thoughts. By re-engaging in activities you enjoy, positive feelings will begin to return. You are entitled to feel happy again.
- To reinvent a better version of self, it is important to identify what actions negatively influence your mindset. These may include, but are not limited to:
 - Associating with certain people
 - Self-loathing
 - Substance use or abuse
- You have the power to replace negative coping methods by actions that can help change and even improve it your mindset.

Living well is the best revenge!

Connect... Heal... Reinvent.

Reinventing self begins with connecting with the parts of ourselves that we seek to heal, or positively change. For example, you may connect with your inner self through journaling or meditation. When you are connected to yourself (*who you were, who you are, and who you want to become*), you can begin a healing journey. This may be guided by:

- Spiritual care: attending healing circles, practicing prayer, etc.
- Professional help: a counsellor, life coach, etc.
- A strong support system: family, friends, or other person(s) you trust.

Guidance can come in many forms, but it is **your actions** that will ultimately allow you to reinvent yourself.

Resources

Victim Services:

Crown Witness Coordinator:

Counselling:

RCMP:

Probation:

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Reinventing your Future through Action
Today



Endings become Beginnings

You may be asking yourself: *“Is there anything more I could be doing?”*

Your **actions** are influenced by your **thoughts** and **feelings**. When you are victimized and for some time afterwards, especially through the court process, it can feel like you are not in control of anything. It is time to change that! Taking **action** can help to restore a feeling of being in control.

Remember, through Action:

- There are *things you can do* that **increase or enhance your physical safety**
- There are *things you can do* that **positively affect your sense of security and emotional wellbeing**
- There are *things you can do* to **move from a victimized state to an empowered sense of self**

Common questions asked of Victim Service Workers are:

How do I move past this? What are my next steps? What can I do?

Depending on the specific court outcomes of your case, there are various possible actions that your Victim Services Worker may be able to direct or assist you in taking.

Actions – Putting Things in Motion to Move Forward

Some ways you may be able to increase your physical safety include:

- Revising/updating your safety plans
- Obtaining copies of conditions, committing to and knowing how-to hold the offender accountable
- Registering for the Victim Notification Program to be made aware of any new developments in the offender’s status

Some ways to positively affect sense of security & emotional wellbeing include:

- Talking with your Victim Services worker
- Setting some goals to regain control of what you are able to
- Consider counselling to process what you have been through
- Attending healing circles
- Practicing self-care
- Reconnecting with community
- Seeking treatment

Move toward an empowered sense of self by:

- Learning more about post traumatic growth
- Believing in yourself
- Helping others with your knowledge; become an advocate!

Closure

You can’t start the next chapter if you keep re-reading the last one.

Closure is something most individuals have an expectation will happen at the end of a series of events. Closure brings relief and understanding to the process and gives reasons for the outcome. Much like finishing a book, if you can understand what took place and why, you can be empowered to move forward with new knowledge and experience.

In the court process, closure comes from understanding the roles of the different people involved; and the reasons for their actions and decisions. To receive better closure, we encourage you to connect with your Victim Services Worker or Crown Witness Coordinator to discuss the decisions and outcomes.

Even in the case of a positive outcome, you may not feel satisfied. It is simply, ‘The End’. If you need additional support to process your feelings at the conclusion of a court process, your Victim Services Worker can assist you and connect you with counselling resources.

*Seeking help is not a weakness, it’s a **strength**.*