



IG: @caylin.perry

This coloring page has been created to provide UCR students, staff, and faculty with messages of empowerment, self-care, and support. We hope the distribution of these coloring pages will contribute towards a campus cultural shift of support, self-acceptance, and de-stigmatization of topics like mental health and sexual violence.



(artwork by Caylin Yorba-Ruiz)

I CAN'T BE  
EVERYTHING TO  
EVERYONE  
IF I AM  
NOTHING TO  
MYSELF

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