



# ***Resilience Out of Oppression***

**Story by: Embrace Survivors**

**Embrace**

Embrace is the leading voice and comprehensive advocacy services provider for survivors of domestic and sexual violence in the four-county service area of Northwestern Wisconsin. At Embrace, advocates and staff provide unwavering support to survivors. Through education and awareness, Embrace engages communities and creates multi-disciplinary partnerships to increase safety and equity in advancing the mission of ending gender-based violence. Embrace strives to create a courageous social change that will end all forms of oppression in our communities. Everyone deserves healthy communities and the support to thrive.

*We are Embrace. These are the words of Survivors.*

*The roots continue to pull me down, but I will not break, for I am strong. My strength is not a choice; it is my survival. In the eyes of power, I am to blame, but the hands of the system keep me trapped. I am not an animal needing to be caged by force and fear. I am a human being who deserves to blossom.*

*My growth will not go unnoticed. It will pave the path for others. I am worn out and tired, but I am not weak. I will not be silenced any longer. I will own my truth. I am strong. Strong. I am resilient. I am a survivor.*

*Change needs to come, not later, but now. It will be messy, uncomfortable, and unpredictable. It will also bring knowledge and growth.*

*As survivors, we've done the work. But society, will you?*

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**Artist Judy Bubolz**  
**Ladysmith, WI**

Judy Bubolz is the Shelter Coordinator for Embrace, the only domestic violence and sexual assault survivor services provider in the rural and low-income area of Rusk, Washburn, Barron, and Price counties.

*I created this artwork as a reflection of what I witnessed in working with survivors that stayed in the shelter and from what I heard through our outreach coordinators. Oppression has deep roots, and we advocate however we can with the resources that we have available. This figure represents those deep roots of money and legal barriers. She, as a multi race portrait, rises above with growing greenery even through chains and being silenced.*

**View all the pieces in the *Healing Reflections* [online gallery](#).**