

# Finding #3: Establishing Control

Infographic by: Nana Koomson

Despite structural and systemic constraints, the women exercised autonomy in areas where they felt they could effect change, such as their relationships, cultural engagement, and self-advocacy and acceptance.

*“Community is very important to me. If I didn't have community, outreach things like that, I'd be very lost.”*

*“I smudge. Yeah, basically smudging and I have a lot of spirit water in my house and I feel good when I fill that up.”*

*“And well instead of being angry all the time, think positive and do positive and thank God I did, because my life has changed around.”*

**Community**

**Culture**

**Acceptance**

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Full-infographic: [https://6c90f156-1fa5-48b7-a296-8cc3ff138ed9.filesusr.com/ugd/4851b4\\_184a798764104cd\\_eb2c753ff501033a5.pdf](https://6c90f156-1fa5-48b7-a296-8cc3ff138ed9.filesusr.com/ugd/4851b4_184a798764104cd_eb2c753ff501033a5.pdf)



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