

# Breathe Remember Live

## **Release**

Let go of the weight  
Anger fades, breathe, walk, be still  
Freedom opens space.

## **Connection**

Listen, care, and hug  
Family, friends, hearts aligned  
You are not alone.

## **Memory**

Bake a cake, plant trees  
Share their stories, laugh, then cry  
Rituals hold love.

## **Gratitude**

Stop, smell the roses  
Be healthy, smile, laugh again  
Find your hidden joy.

## **Hope**

Life is short, yet bright  
One day, one moment at time  
Love yourself, and live.

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This poem is a collection of words from participants of Amber Community's Art Therapy Groups over the past year. The vision for the art therapy group is to bring together people who have been impacted by road trauma and allow for creative self expression.

Amber Community is a not-for-profit organisation contributing to the safety and wellbeing of Victorian road users. We provide counselling and support to people affected by road trauma, and address attitudes and behaviours of road users through education.