



Record your message of transformation and it will be featured in "Las Adas," an exhibit at the **Museo de las Americas** in Denver for **Domestic Violence Awareness Month** in October.

What is a message of transformation?

*Reflections on your journey, ways you find or make meaning, ideas of renewal or rebuilding, **any thing you want to share with others about your experience in one or two sentences.***

The recordings of the messages will be played alongside an installation of original pieces of art from survivors and advocates from across the state.

Feel free to reflect on the following questions:

- How have my experiences transformed me?
- What hopes do I have for myself and my children?
- What are my greatest and most beautiful strengths?
- How do I envision my new beginning?

How do I record my message?

You can record it yourself with a smartphone using the recording and submission tips.

OR

You can submit a written message which will be read and recorded by Colorado Coalition Against Domestic Violence Survivors' Caucus.

Throughout the process, any personal identifying information will be kept confidential.



Examples:

***Because of what I have experienced,
I am more compassionate toward
others.***

I learned to trust myself.

I know who I am. I am brave.



Recording Tips

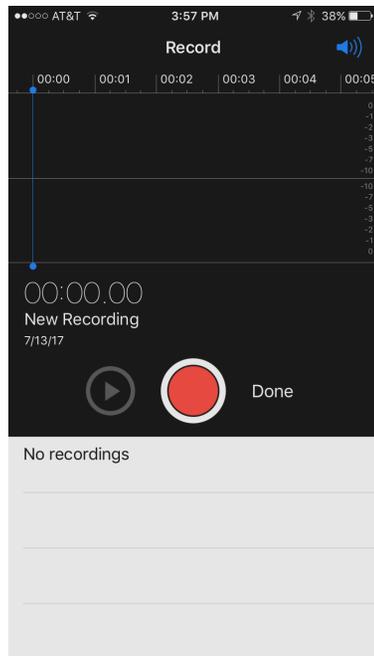
- When recording, try to find a quiet space that is on the smaller side, to minimize echoing effects
- Hold the phone microphone about 6 inches from the speaker's chin.
- Begin by pressing record and let the app record silence for 5 seconds. Say your message. Before ending your recording, record another 5 seconds silence. Press stop.
- Take a moment to review the recording with headphones on. Feel free to re-record if there was an interruption, overwhelming background sounds, or it is difficult to hear you speaking.
- Rename your recording First Name, Last Initial.
- Get ready to send to **ccadv.dvam@gmail.com!**

For iPhone use Voice Memos:

It is an app already available on your phone.



Use the recording tips above to record your message.



To Send:

- Select your recording
- Press 
- Choose your preferred email app and send!

For the subject line of your email, please use:
(Your Initials) DVAM Message

For Android download:



Hi-Q MP3 Voice Recorder (Free)

Audiophile
Everyone

Use the recording tips above to record your message.

To Send:

- Press 
- Select your recording, a menu of options will pop up
- Rename it First Name, Last Initial
- Select your now renamed recording again, press Share/Send
- Choose your preferred email app and send!

