



GOOD GRIEF



A ZINE BY COCHISE HARM
REDUCTION PARTICIPANTS, STAFF,
FRIENDS, AND SUPPORTERS

VOLUME ONE
SUMMER 2025 - SPRING 2026





This zine was imagined during a group I was a part of, hosted by Reframe Health & Justice. It also started to come together around International Overdose Awareness Day. Some of the pieces here were created in direct response to that, some were created before or after, and all of them were shared by Cochise Harm Reduction's beautiful, smart, brave, amazing community that I feel so lucky to belong to.

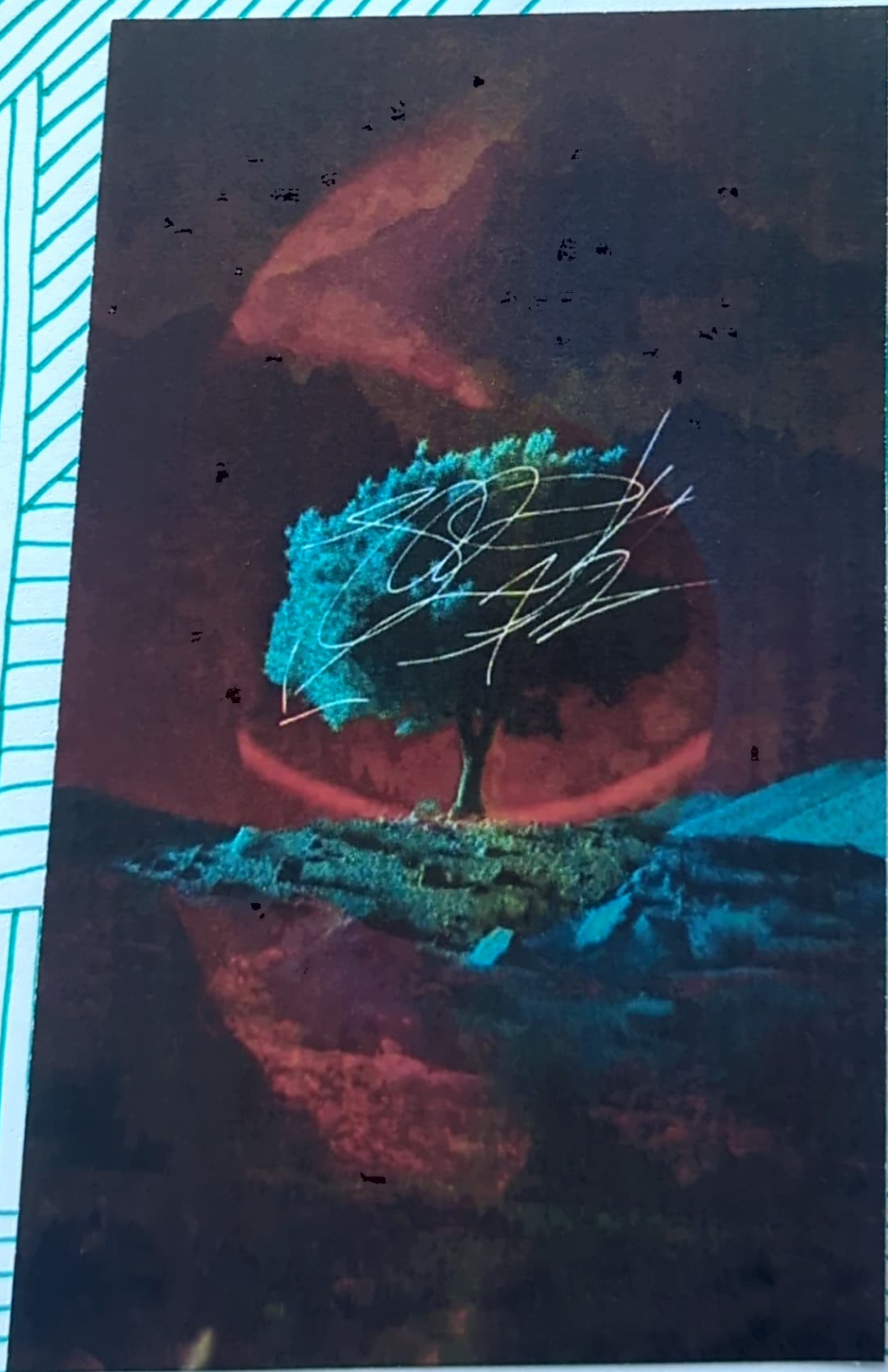
♡ you all. - Jackie



By: Teresa ♡



By Jaden Paul Toeniskoetter





By Samuel Bernard

I carry them with me,
little pieces I have broken
off of everyone I have
ever loved, and I tuck them
in the empty chambers of my heart,
but every now and then they ache
to be released and they flee
so fast they tear the walls
of my heart wide open,
and I am left,
feeling all too familiar
like the car wreck
on the side of the road
that grabs you attention
for a moment, burns quickly
fades from your memories
and your rear-view mirror.



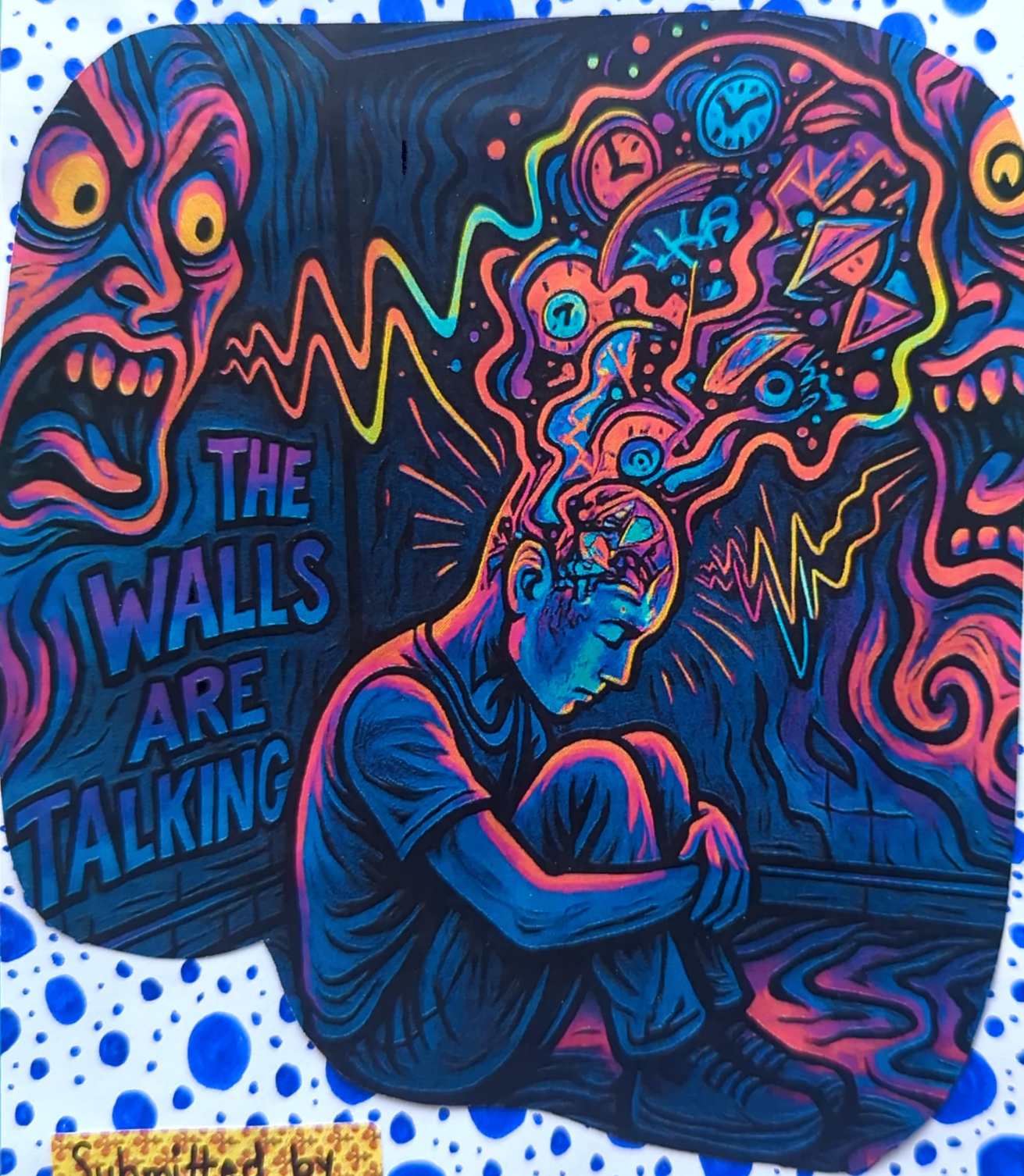
-Nicole Lyons

Poem submitted by Ashley ♥



By JUISE

12.2.90
- 10.2.20



Submitted by
Zachary Plucas

C.H.R. is AMA-ZING!

It's HELP FOR THOSE IN



NEED!



RAIN
OR
SHINE

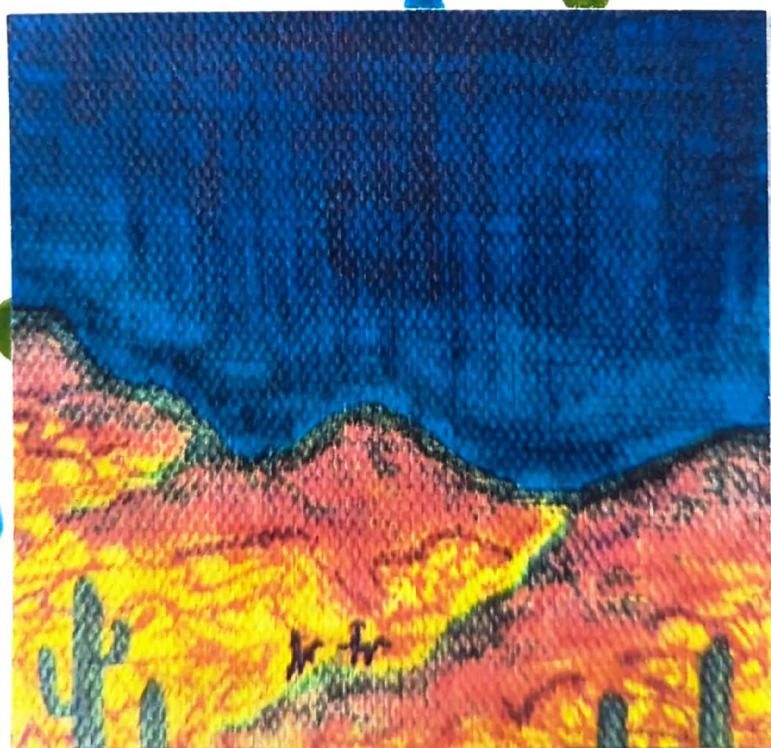
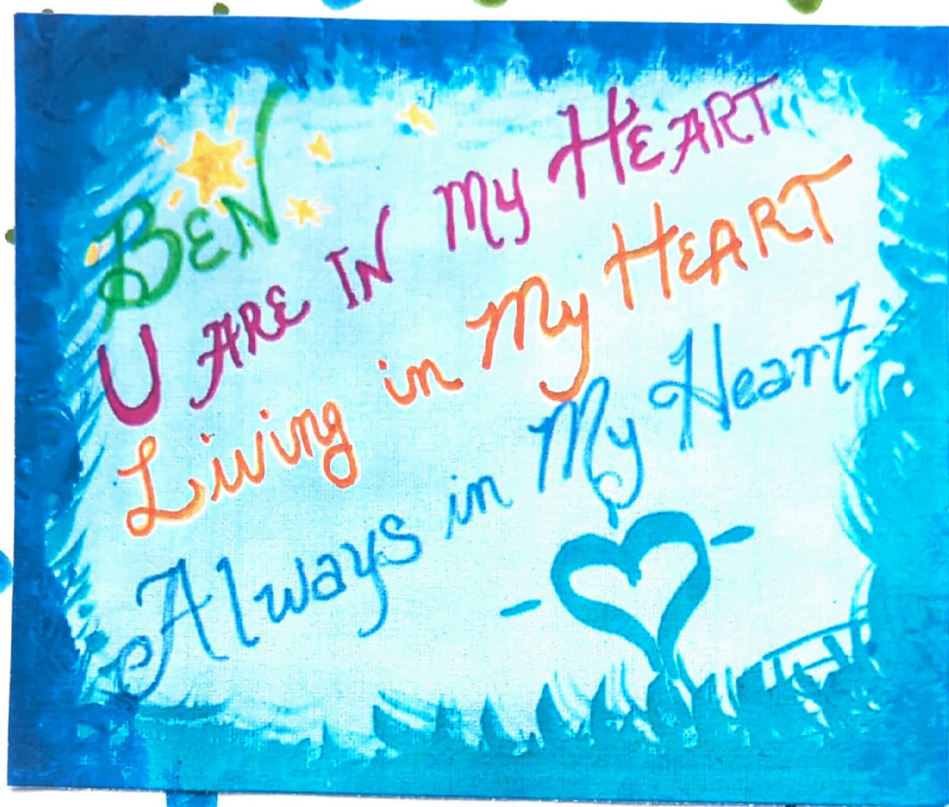
Find THE
DRIVE
TO
STAY ALIVE!



JIM + GURLY

♥ WHAT DO YOU THINK
OF WHEN YOU
THINK ABOUT COMMUNITY

LOVE
SMILES
Joy
belonging
Family
someone to talk to
people who care
+
Help if
able
Support
CONNECTION
Safety
CARE
RESISTANCE
↑ That!!
UNITY
Network of people
Hugs
Solidarity
youngsters
Liberation
Conflict & growth
LOVE



DON'T FORGET TO TEND TO YOURSELF.

- ♥ Look at the sky
- ♥ Drink a big glass of water
- ♥ Notice how the wind feels
- ♥ Reach out to someone you care about
- ♥ Make some art
- ♥ Give yourself a massage
- ♥ Put your feet in the dirt
- ♥ Let yourself cry
- ♥ Hug someone

YOU WRITE THE REST.

Leave them here now & you can come back to them later.



And don't forget
that you're loved.



"YOU 
deserve to
feel safe
and loved."

— Chris Abert

Zushka



By
Juise

Love
Never
Dies

check out
thejuiseboxfoundation.com

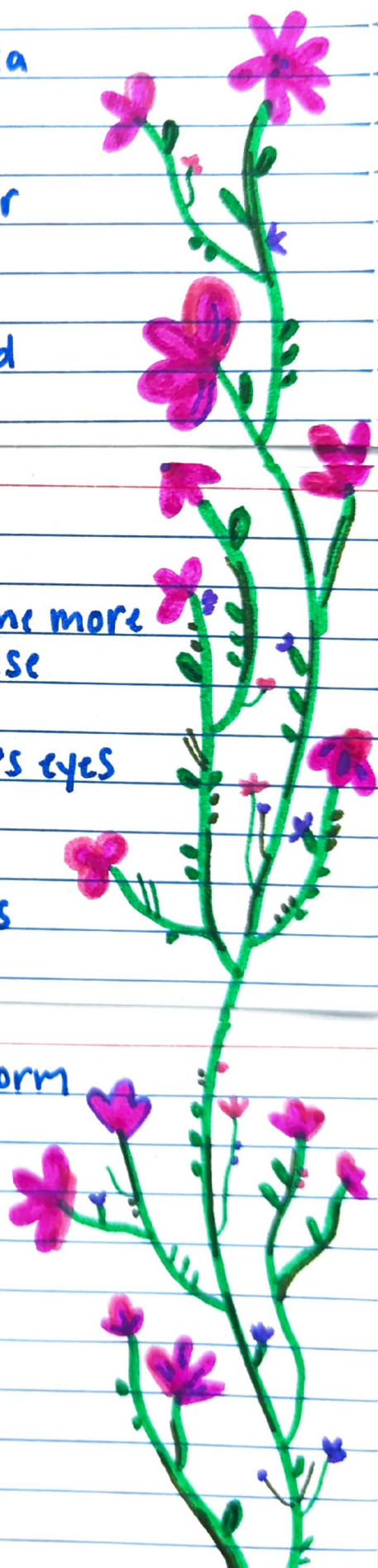


Through Their Eyes. By Jeanie Logswell

All the tea in China
All the gold that's in Peru
Diamonds from South Africa
Mona Lisa from the Louvre
Name all the planets after me
Hang the moon outside my door
Bring tapestries from India
To lay upon my floor
Put turquoise on my left hand
And rubies on my right

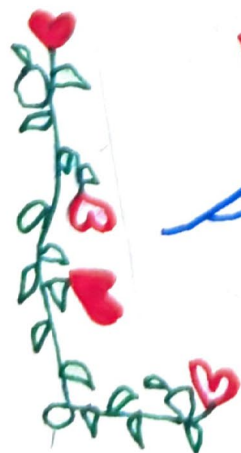
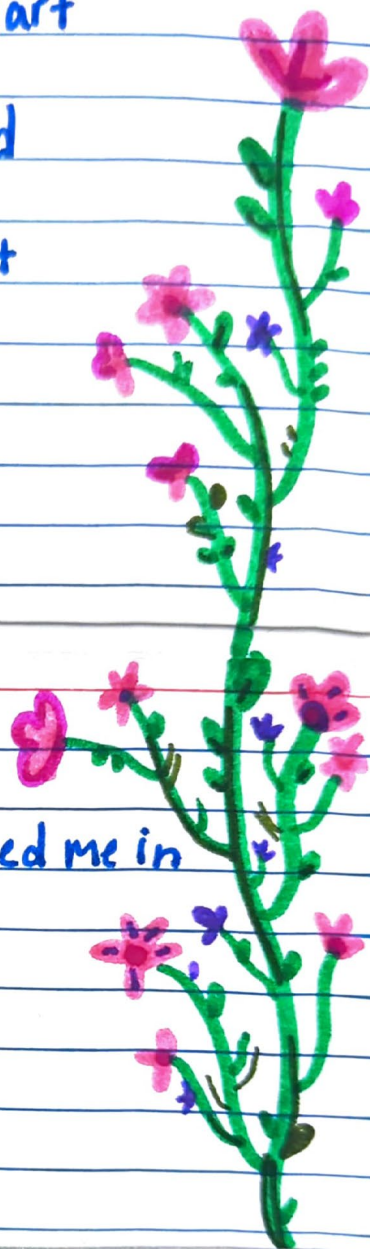
Will I could walk on water
And grant me second sight
Give me all of this and give me more
And then much to your surprise
I'd trade it in a heartbeat
To look at life through Vanessa's eyes
Vanessa she's no stranger
To sorrow or despair
But she sees inside the darkness
To a candle burning there

She knows it takes a thunderstorm
To make the flowers grow
Behind the darkest winter
She sees new fallen snow
She sees the holy in the humble
And the beauty in the beast
Gazing past appearances
To the greatest in the least
There's an angel in the marble
And a diamond in the rough



She knows that it's the broken heart
Beats the truest and the toughest
Well some folks look and never find
And some folks just don't see
Some folks see but look right past
The likes of you and me
But the battered and the broken
And the ones who stand apart
All the lost and lonely
Find a place in Vanessa's heart

Well I come in rough and ragged
The blackest sheep you'd ever see
But she called me friend and welcomed me in
Just like I was family
She sees beyond the hurt and pain
And all the triviality
To the precious little child within
And my divinity



We love you
guys!!



BY
JADEN



BY BROWEN





jack and jill.
or, so we named ourselves.
busting a gut in our jail cell.
No grim reality could permeate our bubble filled with joy and love.

you asked me, what about cam?
i asked you, what about us?
how can we pretend this isn't real?

the plans we had, they happened, jill.
they are all bright and shiny in my imagination, as real as my grief.
we have a cafe.
it's called the Granola Bar.
every night while we eat dinner we dream up new granola flavors.
we're giddy with our genius, how we will delight them.
our dogs, hot and sauce, run around at our feet,
and snuggle in between us at night.

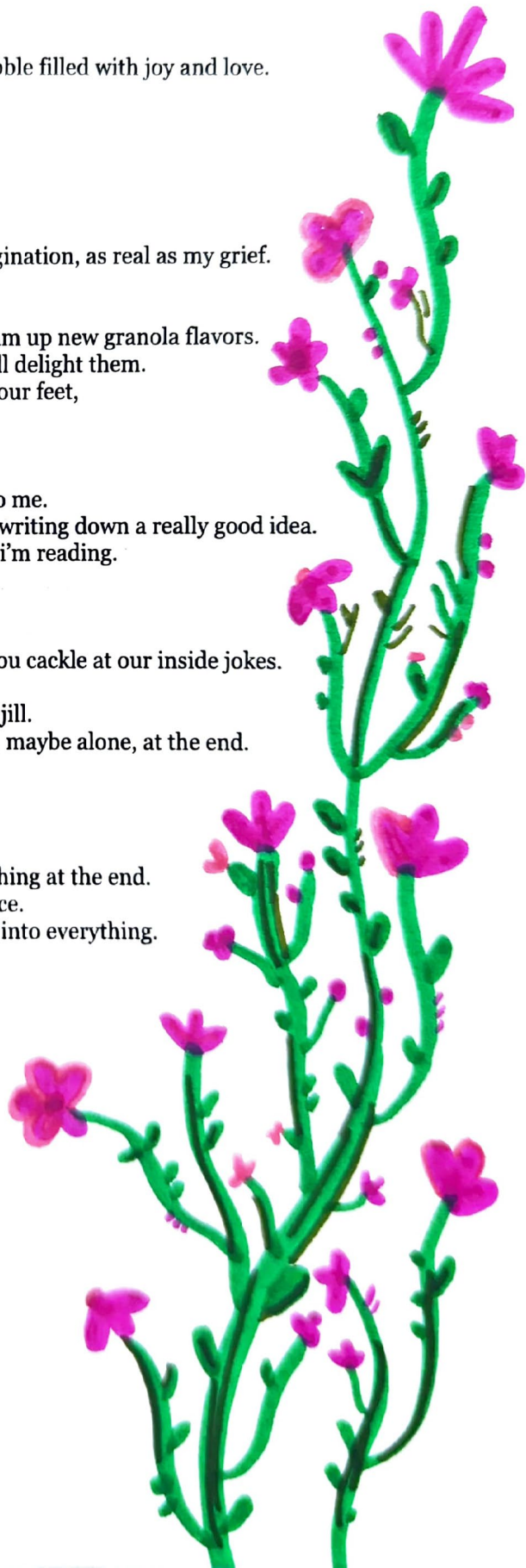
i don't know where you are, jill.
but, i have a feeling you are right next to me.
or, peeking over my shoulder when i'm writing down a really good idea.
or, leaning against the wall, cozy, when i'm reading.

i can still feel your hand massages.
i can still feel your long black hair.
i can still see you towering over me as you cackle at our inside jokes.

i'm not sure why you left when you did, jill.
but, i'm scared that you were desperate, maybe alone, at the end.
i don't want to think about it, but i do.
but, since i don't know,
and never will.

i'm going to imagine that you were laughing at the end.
i'm going to imagine that you are at peace.
that, when you left this place, you burst into everything.
the water that you were made up of,
it landed on everyone you loved,
settling into our bodies.
and an extra big one landed on me.

so, now you are everywhere.
you are inside of me,
you're in the tears of your baby.
you are in the stream i put my feet in.
you're in the rain.
you're as big as the ocean,
and you're waiting patiently for me.



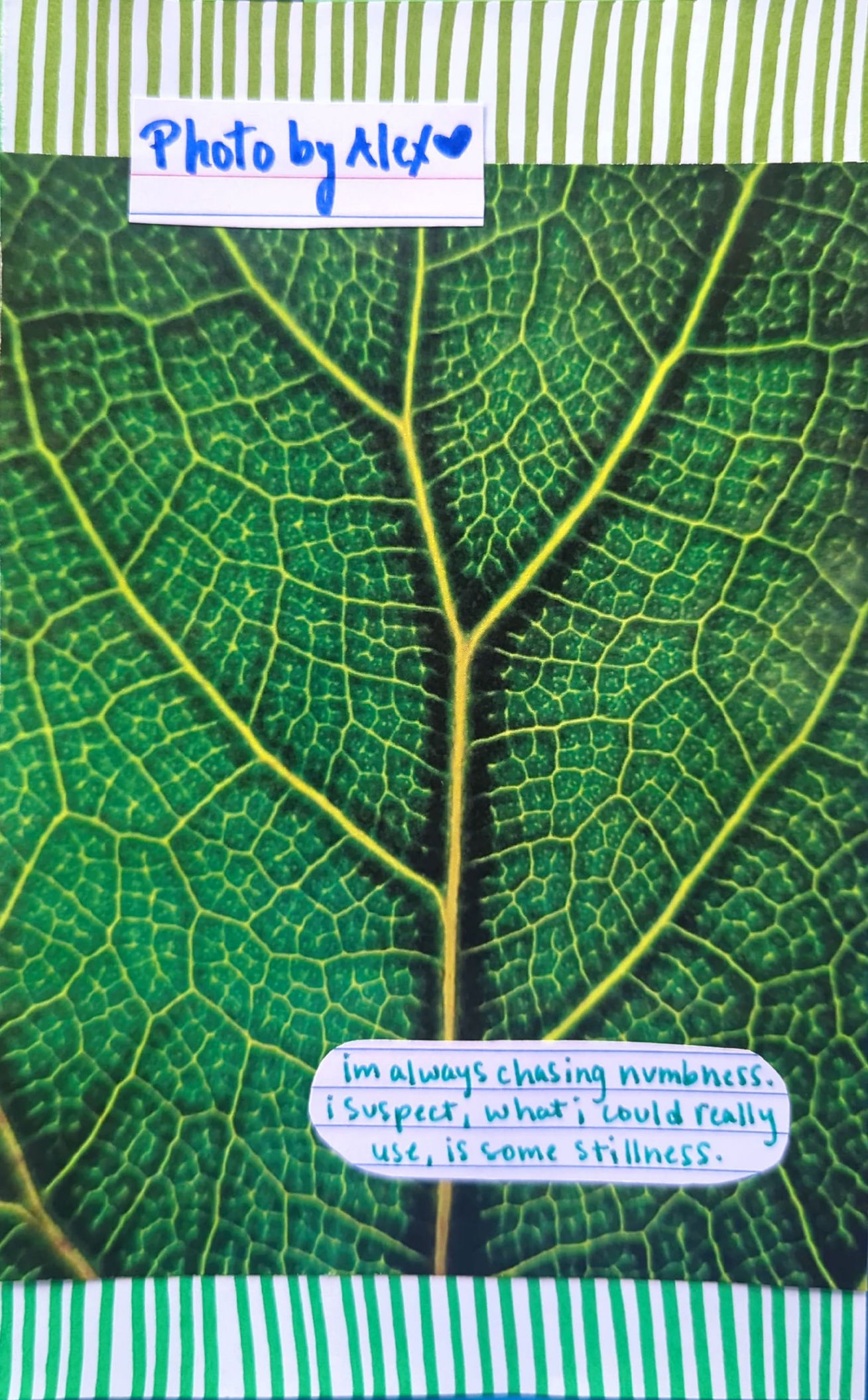


Photo by Alex ♡

im always chasing numbness.
i suspect, what i could really
use, is some stillness.



By Michael Wasmund



Looking at the altar.
10AD. 2025. ♡

WHAT HELPS YOU TO FEEL GROUNDED?

EXERCISE! OR the moment
after, you finally get that
all Natural Fresh off
the farm, No additives,
Pure, Organic, ENDORPHINS,
and for a moment your
RACING MIND slows and
you can look up and Really

See

(Plus your
butt looks
and feels
better for
sitting on
the
GROUND)

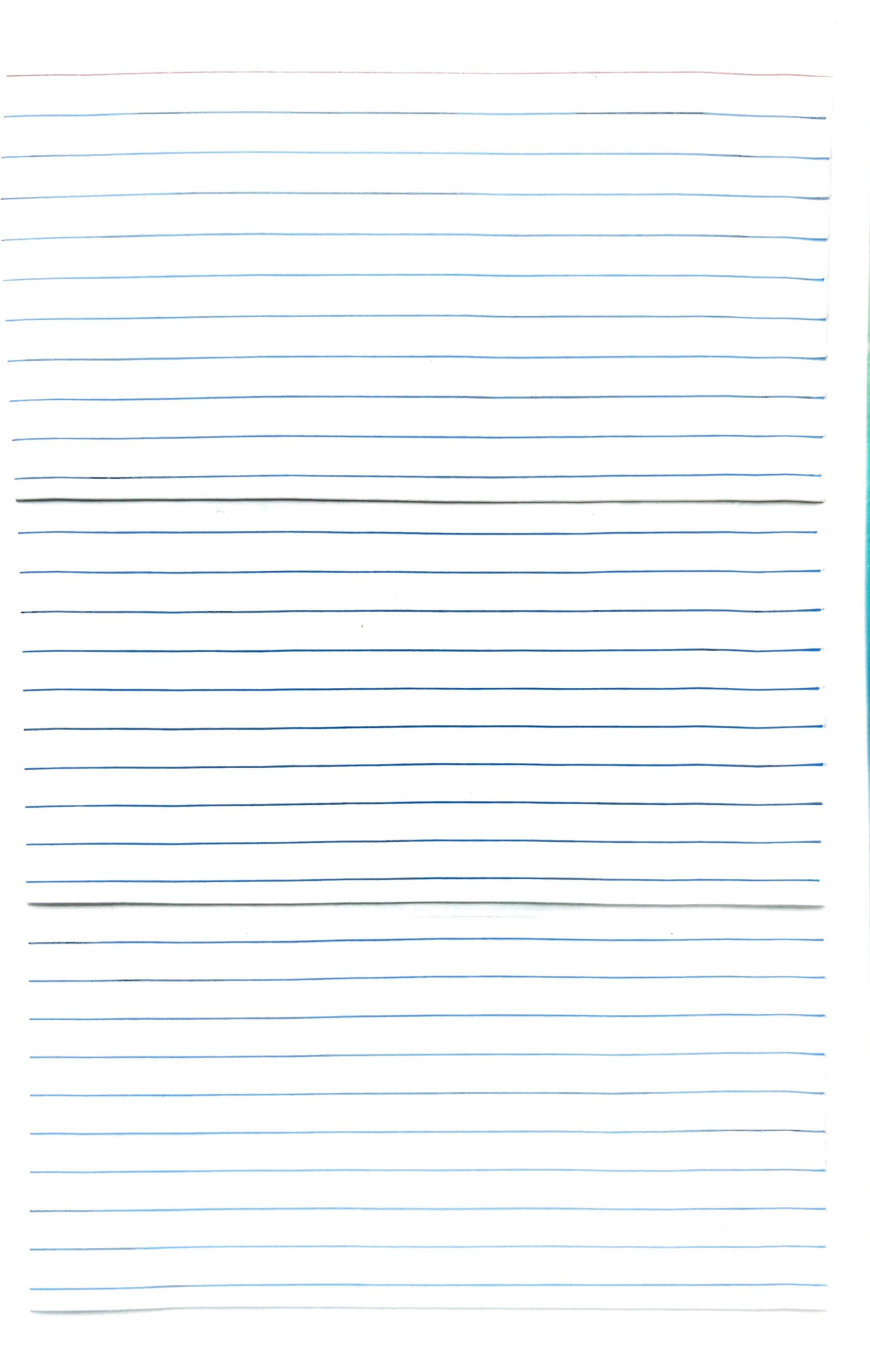
And then
when that
wears off -
Wellbutin



JOURNAL PROMPTS

- ♥ What is this chapter of your life about?
- ♥ Is there something you wish you had more support for? Is there someone you can ask for it?
- ♥ Who do you wish was here right now?
- ♥ What are you carrying that no one else knows about?
- ♥ What does community mean to you?
- ♥ If your feelings were weather, what would the forecast be?
- ♥ What do you wish someone would say to you right now?
- ♥ Is there anything you can tell those who love you so they can take better care of you?







♥ TO CONTRIBUTE TO VOLUME 2,
SEND YOUR ART WORK TO
JACKIE@COCHISEHARM
REDUCTION.ORG



This zine exists because a bunch of people
were vulnerable & generous with their
creativity, time, friendship, and love.
Thank you. You are so loved.

- ♥ This project was supported by Reframe Health & Justice
- ♥ And Cochise Harm Reduction
- ♥ With special care from Jackie
- ♥ In the spirit of reducing harm & increasing
community care & love.