



Through
change
is growth

I can change a few small things on the way
to changing big things.

I CAN CHANGE A FEW SMALL THINGS ON THE WAY TO CHANGING BIG THINGS.

Right. You've started the change process. And no matter whether the changes are big or small, it often can feel new, scary, and you might experience a few bumps on the way. Sometimes we want to see the change in place, without taking the steps towards making that change. That can be challenging. We can take one step forward, and then feel frustrated by setbacks. Change can be like that. The key is to keep going, and seek help when you need to.

Some big life changes can seem daunting and impossible at first.

The Artworks on these cards are from the "Art For Change" Program - an 8 week Art Therapy Program collaboratively designed and facilitated by Mikarla Teague from Open Doors Youth Service and Jacqui De La Rue from Brisbane Youth Service, for LGBTIQAP+ Sistergirl & Brotherboy young people who access these services. We would like to thank all the young people who participated in this project and have bravely shared their creativity and experiences with us.



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- Write down the big goal, and then split it up into smaller, achievable goals. Be proud of the achievements you make along the way.
- Change one thing – you don't need to have everything sorted out all at once.
- Understand that there will be setbacks, and road-blocks on the way. This doesn't mean you have failed.
- Have a plan for when things get difficult. Maybe there are key people that you can go to when it gets tough.

WHERE CAN I GO?

If you are thinking about change, or want to change a few things (but not everything), there are people you can talk to, and services that can help you. Keep this card, and give it to your worker. Start a conversation about change today.

OPEN DOORS YOUTH SERVICE

Provides advocacy and support services for (LGBTIQ+) young people aged 12 - 24 with diverse genders, bodies, sexualities, relationships and families providing a culturally and developmentally appropriate service. opendoors@opendoors.net.au (07) 3257 7660

BRISBANE YOUTH SERVICE

Brisbane Youth Service - Housing programs, individualised support, groups, free counselling, medical clinic, and activities for young people aged 12-25 years. admin@brisyouth.org (07) 3620 2400