



I can make changes happen  
when I'm ready.

## I CAN MAKE CHANGES HAPPEN WHEN I'M READY.

Often we have ideas in our head about the changes we want to make, but are not quite ready to take action. It's important to know that that's OK. Everyone's journey towards change takes different paths. Think about -

- When will you know that you are ready for the changes you want to make?
- What is it that you can do in the meantime to make the best of your circumstances?

Artwork by Todd C.

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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- What are the things you have done in the past or are currently doing that already make you proud?
- Who can you talk to when you feel that you are ready to make the changes you desire?

## WHERE CAN I GO?

If you are thinking about change, and are ready to talk about how to make that happen, 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 (LGBTIQAP+) young people aged 12 - 24 with diverse genders, bodies, sexualities, relationships and families providing a culturally and developmentally appropriate service. [opendoors@opendoors.net.au](mailto: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](mailto:admin@brisyouth.org) (07) 3620 2400