



## & Take time to tick and talk .....

Name:

Mob:

**Where would you like to be  
in 3 months, maybe 1 year or  
5 years time?**

- get a job which provides a decent income
- get a job that I have dreamed about
- get a job that I feel good about
- find a nice place to live on my own
- save up some money to travel around
- buy a car that carries me around wherever I want
- find some good people to hang out with
- be clear about what I want in my life
- just wander around and explore the world
- make peace with myself
- Other :

**What's in your way?**

- Little money / Debts
- No car
- Not much support around
- No place to call home
- Anxiety
- Depression
- Conflicts in relationship
- Health issues
- Substances/Alcohol
- Addiction (food, sex, gambling, porn, game)
- Discrimination/ prejudice
- I don't know what to do
- Caring responsibility
- No driver's license
- No qualification to get a job

We all have issues. Some have a lot and some have a few.

The issues like: anxiety, depression, self-worth, anger, emotional turmoil, relationship conflict, career options, hopelessness, loneliness are rather universal.

If you'd like to take one step forward to get to wherever you want to be, we are here to support.

Individual work and/or group work are available to explore how you can find your way.

Yeah I will give it a go

Nah not at the moment

Maybe