



**Start
where
you are.**

Ellie, Toowoomba



**I deserve
love,
kindness
and respect.**

Jaya, Deception Bay



**Keep
breathing,
this too
shall pass.**

Michelle, Noosaville



**Lighten
your load.**

Deb, Bargara



**Celebrate
small
wins.**

Outlaws, Bowen Hills



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