

Sam:

I was a bit standoffish about entering the program

Because I've never really been in a group program. I've never sat down and spoken about what I've gone through and my feelings and that I guess.

But after speaking to family and that – sort of helped me –persuaded me sort of to sit down and join the group just to see where it takes me.

But with the boys in the group and the facilitators, they sort of made us feel a lot more comfortable

And once I did feel comfortable, it was a bit easier to open up - talk about my feelings – and show me different ways of thinking – and I guess, different paths in life I should be taking

I guess it's been a lot easier now with the boys and that being able to sit down and talk about what I've gone through and what I'm actually feeling

It's made me realise that there's a lot of different ways I can take on other things in life.

Y'know, it's not a one-way street anymore. It's a two-way street.

I actually feel better about getting things off my chest because I bottle things up so long.

And yeah, I guess, talking about it made me feel so much better.