

Tegan

I thought programs were just a waste of time and didn't really care about doing programs, now I think programs are really good like if you want to change, it'd be a good thing for girls to do,

We covered like goal setting, how to face problems, every day problems and we worked on solutions of how to solve problems I would recommend it to girls that do come into custody especially young ones,

I see a lot of young ones coming into custody and they are just getting younger and younger and if they had these programs when I came in I probably wouldn't be here now, the first time I did a program up at Broken Hill was Equips Addiction, back then I was a bit younger,

I didn't really take it seriously, whereas now I do take things serious like programs and they are there to help girls and give them learning tools, I've taken obviously my goal settings, my trusting tools and the ways of changing, I don't doubt myself,

I'm not so hard on myself before I always used to say that I was useless and that I'm not capable of change, but now I say to myself I am capable of change and if I fail with something I'll just do it again, cause there's no such thing as I can't, there is such a thing as I will, and I will change,

Id highly recommend it, it was a big eye opener for me, it changed the way I think it opened my eyes to showing me everything's not hard, if you give it a go its not hard.