

It's okay to cry – poem by CG



It's ok to cry
You have been through so much
You're not a bad person because you were angry
This was a way I showed my feelings
I have people that love me and care about me
I am Caitlyn, I can make a life for myself

I am brave

I am strong



Care experienced people are superheroes

Your life in a bin bag

Talking to strangers

Moving around the country

You are amazing

You have got this

You are an inspiration to others

Your younger self will be proud of the person you are

We leave a mark when we leave

We are never forgotten

We are care kids

Nobody knows what our future holds



by CG

Text version from image:

You have been through so much
You're not a bad person because you were angry
This was a way I showed my feelings
I have people that love me and care about me
I am Caitlyn, I can make a life for myself
I am brave
I am strong
Care experienced people are superheroes
Your life in a bin bag
Talking to strangers
Moving around the country
You are amazing
You have got this
You are an inspiration to others
Your younger self will be proud of the person you are
We leave a mark when we leave
We are never forgotten
We are care kids
Nobody knows what our future holds