**LGBTQ**

Finally, the world has opened its mind and heart to the realism of transgender and gay people as regular and integrated members of our society. It is a difficult topic to write of due to the pressure of political correctness, an there is most certainly no intention in this communication to offend anyone.

The wonderful, courageous and inspirational story of Nikita Dragun as told on her YouTube video <https://www.youtube.com/watch?v=rAGa30fm8y4> details the depth of challenges that the choice to choose your true gender and lifestyle can involve. Nikita has been fortunate to have amazing support through her journey of accepting who she truly is, finding her honesty in every area of her life.

Sadly, there are many LGBTQ’s who do not have the love and support they really need to help them through their journey. Whilst there are many online resources and medical options there is a distinct lack of emotional and mental support for those who need it.

Perth Kinesiology Specialist Group welcome all members of this community to feel embraced and comfortable to know that Kinesiology can help with the emotional and mental roller coaster moments they experience. As a professional group of Practitioners, we can assure you of a safe space and treatment that you will not be judged, taunted or discriminated against in any way.

If you need support to guide you through the difficult days, then Kinesiology and the team at Perth Kinesiology Specialist Group can help. Enquire with one of our team in your area for support with:

* Anxiety
* Depression
* Behavioural Management
* Self-Expression
* Learning to love and accept yourself and others
* or similar struggles.

We are here to support you.

Luv and Light

Perth Kinesiology Specialist Group

[www.pksg.com.au/contact](http://www.pksg.com.au/contact)