

Are you concerned  
about what's  
going on in your  
relationship?

Are you controlling or  
hurting the people you  
care about?

[www.insightexchange.net](http://www.insightexchange.net)

## I am I can

Scan the QR code to open the **I am I can** landing page on Insight Exchange, where you can view the [I am I can](#) animation (4mins) and read a list of places in Australia and New Zealand that can help.

[www.insightexchange.net/i-am-i-can/](http://www.insightexchange.net/i-am-i-can/)

Privacy: This is a static QR code to eliminate any collection of your data when scanning. Insight Exchange website has a safe exit button.

