



Don't be Blue for Christmas

*Join the NALAG team for a lunch, craft and a chat
So we can ask "Are you OK?"*

Christmas is usually a time for celebration, however, this may not be the case for some people. For the carers and people experiencing stress, anxiety and depression, feelings of loneliness, isolation are often more heartfelt during the festive season. People who are experiencing loss also share this added stress at a time where celebration and happiness is expected.

Sometimes all it takes is for someone to ask carers a couple of questions "Are you ok? How are you doing? How can we help?"

So this Christmas, a simple "Are you OK?" doesn't take much on our part, but for someone in need, it could be the Christmas miracle they are looking for. Join us for a chat and make a craft item for placing at Christmas for loved ones missing at Christmas.

- When:* Monday, 4th December 2017
- Time:* 9.30am to 2.00pm
- Where:* Club Mudgee, Mortimer Street, Mudgee
- Cost:* **FREE** – Morning tea and lunch provided
- Contact:* Ruth - Ph: 0488 225 710

