



*With Xmas fast approaching ones thoughts turn to family and friends.*

*This can be a happy thought or it can be very sad thought.*

*Starting to feel lonely?*

*It is at this time that you start to miss the ones you love and have maybe lost over the last year, you start to bring up many memories which may start the onset of anxiety or depression.*

*Some will not have any family to share the joy of Xmas.*

*Now is the time to talk to someone about what you are feeling, to learn new skills in order to help you through what may be hard times.*

*To be reminded that you need not be alone, there is always someone you can turn to.*

*I will be available over the coming holidays so if you would like to make an appointment*

*Please call me on 0434 436 835*

*Merry Xmas* 