

December - Stress Management

De-Stress Before the Holidays!

This month we're looking at **stress reduction** and **management**, with an emphasis on **adopting strategies** and **practices** to **effectively cope** with and **reduce stress**, promoting a sense of **relaxation, balance** and **overall wellbeing**.

Your **Wellness calendar** has three at home activities to try in the comfort of your own home.

If you haven't got a calendar yet, please drop into the Finch Hatton Wellness Space to collect your free copy today!

Stress Management

Workshops available this month!

Need some help developing your stress management tool box? Gather a group of friends or community locals and book into a Stress Management Workshop with Wellness In The Valley

Contact us either in person or via phone/email to book a group stress management session during December.

Stacy - 0448 212 761 / Luke - 0456 922 492

Email: ValleyAssist@mackayadvocacy.com.au

SERVICE REQUEST

What services would you like to see more of in the Pioneer Valley?

Health / Mental health / Legal / Aged care / Disability / Other

We want to hear from you!

Send us an email today with the subject titled 'Service Request'

Key Dates to Mark the Calendar this December!

- 9th December—School Holidays Commence
- Sunday 10th - Eungella Christmas Markets! From 9am—3pm. Bar Open from 11am—4pm
- Sunday 10th - Finch Hatton Christmas Markets 8.30am-12pm (Free Upcycled Earing Workshop)
- Friday 22nd - Tuesday 8th Jan - Valley Assist Office Closed for Holiday Season.

Contact Us!

Phone Luke - 0456 922 492

Phone Stacy - 0448 212 761

Email: ValleyAssist@MackayAdvocacy.com.au

In person: 13 Anzac Parade, Finch Hatton

9am—2pm 5 days a week.

Healers of the Mountain

Are you a local healer? We want to hear from you!

Mackay Advocacy acknowledges that everyone should feel free and in control of their own journey to wellness. We are all innately different, and we all heal through different methods.

We want to work with local healers and highlight community bonds within the Pioneer Valley

If you're a healer get in touch!

Community Notice Board

ECDA—Eungella Community Development Association

ECDA won't be having meetings in December or January.

There will be a meeting in February on the 15th at 6.30pm at the Eungella Hub.

If anyone has any new agenda items they wish discussed please email them to us @ ECDA@eungella.com.au.

The AGM will be in March. If anyone has an interest in any of the executive roles they can contact the interim position holders to find out more about what is involved.

Australia Day Celebrations are planned for January 26th 3pm - Late with Live music, American style BBQ an open bar and kids activities. Only 130 tickets available - On sale soon.

The ECDA team wish the Eungella Community, Netherdale, Finch Hatton and the entire Pioneer Valley Community a safe and happy Christmas season.

Have a local business, community group or association?

Get in touch to use this space to communicate your services or events with the entire community!

Mackay Advocacy Inc's Valley Assist would like to wish the entire Pioneer Valley community a very happy and healthy holiday season.

