








| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   | Sunday   |
|---|--|---|---|--|--|--|
|  <h1>Calendar of connection</h1> |  |   |   | <p><b>1</b></p> <p>Grab a cuppa and have a chat with someone you know who has had a tough year.</p>                    | <p><b>2</b></p>  | <p><b>3</b></p> <p>Ask someone who has experienced loss this year how they'd like to acknowledge it over the holidays.</p> |
| <p><b>4</b></p>                  | <p><b>5</b></p> <p>Organise a Kris Kringle featuring handmade gifts or acts of kindness.</p>         | <p><b>6</b></p>   | <p><b>7</b></p> <p>Extend an invitation to someone who will be alone this Christmas.</p>                      | <p><b>8</b></p>                     | <p><b>9</b></p> <p>Organise a picnic to bring people together and connect.</p>   | <p><b>10</b></p>   |
| <p><b>11</b></p> <p>Team up with friends to volunteer at a local organisation.</p>                                | <p><b>12</b></p>   | <p><b>13</b></p> <p>Check in with a colleague before they go on break.</p>                          | <p><b>14</b></p>  | <p><b>15</b></p> <p>Think about who in your world might be finding this time difficult and ask them, 'Are you OK?'</p> | <p><b>16</b></p>   | <p><b>17</b></p> <p>Have a virtual catch up with someone you can't see in person.</p>                                      |
| <p><b>18</b></p>  | <p><b>19</b></p> <p>Drop off a meal for a friend or family member.</p>                               | <p><b>20</b></p>  | <p><b>21</b></p> <p>Suggest a 'walk and talk' with someone you know who usually finds the holidays tough.</p> | <p><b>22</b></p>   | <p><b>23</b></p> <p>Remind your friends that helplines, such as Lifeline (13 11 14), are operating 24/7 over the holidays.</p> | <p><b>24</b></p>                       |
| <p><b>25</b></p> <p>Send a text to let someone know you're thinking of them.</p>                                  | <p><b>26</b></p>  | <p><b>27</b></p> <p>Check in with a friend who's been struggling to see how they're tracking.</p>   | <p><b>28</b></p>  | <p><b>29</b></p> <p>Ask a friend who's working over the holiday period how you can support them.</p>                   | <p><b>30</b></p>                          | <p><b>31</b></p> <p>Suggest a device break and head outdoors with a friend for some fresh air.</p>                         |

'Tis the *season* to be *asking*  
**RUOK?**<sup>TM</sup>