

Nurses: Family Planning, Christchurch

**It's all right for things to change around you. ∴
Its all right to talk to each other about your day.
∴ Its all right to feel totally overwhelmed now
and then. ∴ Its all right to tell someone
'thankyou'. ∴ Its all right to have a bad day every
now and then. ∴ Remember it is just a bad day,
not a bad year. ∴**

Canterbury has been through a lot.
Thanks for sharing some of the simple
things that bring you joy.

**all
right?**
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