



Free Coaster

If you're in the UK, I can send you a crocheted rainbow coaster in the post - just drop me a line - it's completely free!

meltdowntracker@outlook.com

Here's a free coaster to print out and out under your cuppa

You could back it in a polypocket or other clear covering...

To remind you that you are not alone. The rainbow colours are to symbolise hope



GOES WELL WITH:

- CAPPUCCINO
- LATTE
- LEMON TEA
- CAMOMILE TEA
- GREEN TEA
- BLACK TEA
- MILK
- WATER
- ... YOU GET THE IDEA:)

Sit, sip and know you are not alone...

MeltdownTracker

