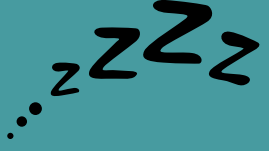



# AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>Practice your back-to-school routine.</u>	2  <u>Mind Matters</u>	3 <u>Create a Family Media Plan</u>	4  <u>Relationships &amp; Young People</u>	5 <b>Chill Out</b>
6 <u>Clear out Clutter</u> 	7  <u>Create a "friend list."</u>	8  <u>Pause. Breathe. Resume.</u>	9 <u>School success starts with you.</u>	10  <u>Turn up the joy!</u>	11 <u>Check in on your older adult friends.</u>	12 <u>Complete a summer bucket list item!</u> 
13 <u>Healthy Sleeping Tips</u> 	14 <u>Find inspiration &amp; motivation.</u>	15 <u>Beyond Back to School Supplies:</u> 	16  <u>Celebrate Prevention with Patrick Kennedy!</u>	17 <u>Be your true self!</u> 	18  <u>Help teens meet Milestones</u>	19 <u>Get outside.</u> 
20 <u>Create memories with long distance friends</u>	21 <u>Kickstart mental wellness</u> 	22 <u>Health consequences of drug misuse.</u>	23  <u>Nurture sparks.</u>	24 <u>Struggling to feel good about yourself?</u>	25 <u>Educate, don't create fear.</u>	26  <u>Prevent problem gambling.</u>
27  <b>Family Fun Time!</b>	28 <u>Find support for Grief</u> 	29  <u>Fill the void.</u>	30 <u>What is</u> 	31 <u>Recognize Overdose Awareness Day.</u> 		

Click the links for short activities you can do to help support [everyday prevention](#) in your community.

Prevention  
Action Alliance

Share on social media  
**#EveryoneHasARole**