




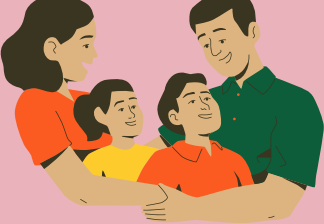
















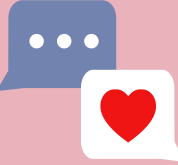






FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 National GET UP Day! 	2 Encourage positive competition! 	3 Discuss ONLINE footprints 	4 DONT FORGET TO SMILE 
5  PROMOTE STRONG MENTAL WELLNESS!	6 Heal together. 	7 Boost YOUR Mood 	8 PRACTICE WARM FUZZIES 	9 BE NICE ON THE NET 	10 FAST FRIDAY 	11 Explore music therapy on Nat'l Guitar Day 
12 Conversation CONNECTORS 	13 National Library Month- Go Read! 	14 SPREAD LOVE TO THOSE AROUND YOU. 	15 MENS-DAY WEDNESDAY 	16 Role Models can tame the chaos for young ones. 	17 How self compassionate are you? YOYO 	18 Pet therapy 101 
19 WHAT DOES FAITH MEAN TO YOU? 	20 Mental Health Monday 	21 I AM SOMEBODY 	22 Are you a stoplight thinker? 	23 Observe THROUGH WITH CHEW week. 	24 Relationship Safety Month 	25 QUIET PLEASE! 
26 BLACK HISTORY MONTH 	27 PROCRASTINATION Tips & Tricks 	28 TIME FOR an adventure 	1	2	3	4

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

Prevention
Action Alliance

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