

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Share the calendar on your social media! 
2 <u>Apply for 2024 OYLPN Youth Council!</u>	3 Bereaved Parents Awareness Month 	4 	5 <u>Building shame resistance.</u>	6 <u>Register for PAX trainings!</u>	7  Let's think ahead!	8 
9  Complete a bucket list item!	10  Raise Awareness for Mental Illness	11  Find podcasts that interest you...	12  Watch the Heat!	13  Five Senses Nature Walk	14 <u>Social Wellness Month</u> 	15 <u>Practice breathing awareness!</u> 
16 <u>Practice "I statements" for conflict resolutions</u>	17 <u>Provide SUPPORT as a family.</u> 	18  Start a conversation.	19  Smile at strangers	20  Reach out to check on old friends	21 <u>Use diary cards to help create patterns</u> 	22  CREATE
23 <u>Access the Vaping Toolkit</u>	24  HAVE A GOOD DAY	25 <u>World Drowning Prevention Day.</u>	26 <u>WORDS MATTER</u>	27 <u>Silent signs of bullying...</u> 	28  BE KIND TO YOUR MIND	29 <u>PRACTICE INTEGRITY</u>
30  BE BRAVE	31 <u>Preventing drug use impacts health</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](#)