
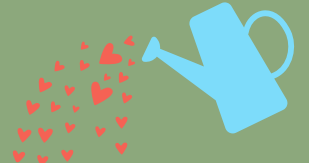





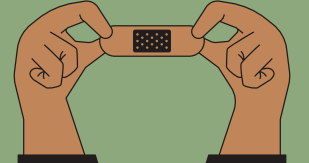



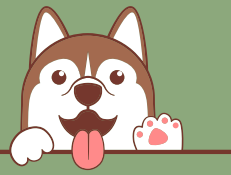









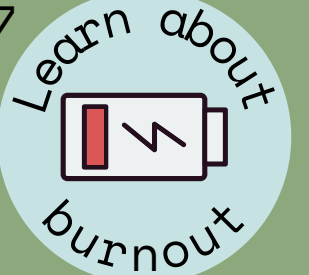


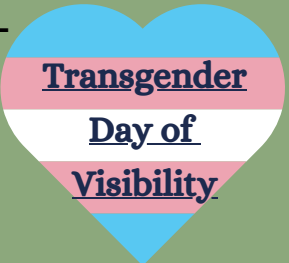


# MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  <u>Self Injury Awareness Day</u>	2 <b>TEEN Mental Health DAY</b>	3 <b>UNPLUG &amp; RELAX</b>	4 Don't let March Madness, drive you MAD! <u>Pause before you play!</u>
5 <u>Self Care</u>  Sunday	6 <u>Mindful</u>  Monday	7 <u>Tastey</u>  Tuesday	8 <u>Wellness</u>  Wednesday	9 <u>Thoughtful</u>  Thursday	10 <u>Family</u>  Friday	11 <u>Safety</u>  Saturday
12 <u>Practice Statements of I</u> 	13 <u>Unlock the realities of youth problem gambling</u> 	14 <u>Find your safe place at TREVORspace</u> 	15 <u>Register for the Grief Workshop</u> 	16 <u>March ON TAKE ACTION</u> 	17 <u>Name 3 things you are lucky to have...</u>  	18 <u>Homework is important - even on weekends.</u>
19 <u>Poison Prevention Week</u> 	20 <u>Honesty is the best policy.</u>	21 <u>Learn how "Hope Talks."</u> 	22 <u>Remind your teen they don't have to quit alone.</u> 	23 <u>Sign up for Human Service training.</u> 	24 <u>Family GAME Night</u> 	25 <u>Laughter soothes the soul.</u>
26 <u>Emotions 101</u> 	27 <u>Learn about burnout</u> 	28 <u>Youth stress levels are on the rise.</u> 	29 <u>Nuture your spark!</u> 	30 <u>Educate yourself about what it means to be bipolar</u>	31 <u>Transgender Day of Visibility</u> 	1

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**