







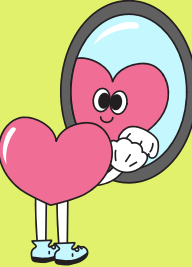






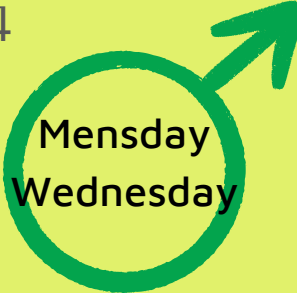








MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Nat'l Blessing Day!</u> <u>Remind people you are blessed to know them.</u>	2 <u>Attend the WE ARE CHANGE Rally</u>	3 <u>Share #WhatsYourReal</u>	4 <u>What is... 988?</u>	5 <u>Wear your favorite outfit to boost your confidence!</u>	6 <u>Make Everyday Special</u> 
7 <i>Celebrate!</i> 	8	9 <u>SHARE #MyPreventionStory</u> 	10 <u>Invest in #Prevention</u> 	11 <u>Volunteer with your local coalition</u> 	12 <u>REGISTER NOW! Sign up for prevention trainings!</u> 	13 <u>Build a support circle.</u> 
14 <u>Mother's Day!!</u> 	15 <u>Practice Affirmations</u> 	16 <u>Tasty Tuesday</u> 	17 <u>What is a SUD?</u>	18 <u>Advocacy Webinar</u> 	19 <u>Friday Family Fun Time!</u>	20 <u>ZZZZZtime</u> 
21 <u>Sign up!</u> 	22 <u>Sort through decision making</u> 	23 <u>Study Youth Behaviors</u> 	24 <u>Mensday Wednesday</u> 	25 <u>Listen to music from a different culture.</u> 	26 <u>What motivates you?</u> 	27 <u>Love to read? Look for book clubs in your area!</u>
28 <u>SELF LOVE SUNDAY</u> 	29 <u>Be prepared for tough convestions</u> 	30 <u>Keep teens healthy around alcohol</u> 	31 <u>Woman Wednesday</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