

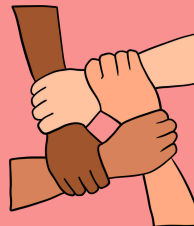





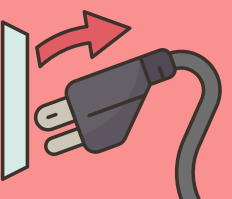







JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Set realistic monthly goals.	2  Build skills for bouncing back.	3  Stay active all summer.	4  Enjoy July 4th festivities with family.	5 You'RE AMAZING Compliment yourself.	6  Actively listen to youth.
7  Speak out against bullying.	8  Write a Thank You Note.	9  Become a Disability A.L.L.Y.	10 I am CONFIDENT Boost your confidence.	11  Start a conversation about mental health.	12  Acknowledge youth's strengths.	13  Plan a family nature trip.
14  Support positive identity formation.	15  Make a big breakfast to kickstart your day.	16 BE CREATIVE  Use your creativity.	17  Name 3 things you're thankful for.	18  Explore a new hobby.	19  Provide support as a family.	20  Take a 5-minute stretch break.
21  Pause. Breathe. Resume.	22  Unplug from social media.	23  Remember to practice patience.	24 SELF CARE  Relax for International Self-Care Day.	25  Enjoy cultural meals.	26 Practice GRATITUDE Practice gratitude as a family.	27  Set an intention for the day.
28  Create a safe space.	29  Build success from your strengths.	30  Spend time with friends for International Day of Friendship.	31  Find inspiration and motivation.			

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Prevention
 Action Alliance

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