

Mental Wellness Month

SuicidePreventionNetwork  
www.spnawareness.org  
775-733-1510

# JANUARY

## De?eš šemu gum di-be? -the moon that really snows



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

7	1 <i>Happy New Year!</i>	2 Living Out Loud (High School) SPN Office 2:45-4:00pm	3 Growth Through Change Douglas County Community Center 3:30-4:30pm	4 Kid's Lunch, Games & Crafts GYM 12-3PM	5 Create the Good Firehouse 12-2PM	6
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8 Veterans in the Community Douglas County Partnership 5:30-6:30pm	9 PTSD Support Group SPN Office 6:00-7:30pm Law Enforcement Appreciation Day	10	11 50+ Potluck BHS, 12-2PM Suicide Loss Support Group, SPN Office 5:30-7:00pm	12 Create the Good Firehouse 12-2PM	13 Create a Mental Wellness Plan
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14 Educate yourself on what MLK DAY represents	15 MLK DAY	16 Living Out Loud (High School) SPN Office 2:45-4:00pm	17 Family Movie Night, Firehouse, 5:30-7pm Growth Through Change DCCC, 3:30-4:30pm	18	19 Create the Good Firehouse 12-2PM	20 Develop a new healthy eating lifestyle
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21	22 Sleep, sleep, ...and sleep!	23 PTSD Support Group SPN Office 6:00-7:30pm	24 MENTAL HEALTH IS IMPORTANT	25	26 Create the Good Firehouse 12-2PM	27 International Holocaust Remembrance Day
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28 New Year...new adventure!	29	30 Chinese at DHS!	31 Find an exercise that you enjoy			
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