

February

"Prevention begins here"
 -SPN Staff

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month	American Heart Month		1 safeTALK for Alpine Community BHS 1:45-5:15pm	2	3 Create the Good Diamond Painting 11:30am-2pm	4
5	6 Mental Wellness Tip: Color in a coloring book today!	7	8 Mental Wellness Tip: Try a new healthy snack today!	9 50+Potluck Valentine Cards Making 12-2pm	10 Create the Good Valentine Gifts Making 11:30am-2pm	11 National Make a Friend Day
12 Mental Wellness Tip: Watch an old movie that brings back good memories!	13	14 Diamond Valley School - Signs of Suicide training	15	16 Teen Hangout Movies, Games and Pizza! Firehouse 5-6:30pm	17 Create the Good Canvas Art 11:30am-2pm	18 National Caregivers Day AND National Random Acts of Kindness Day
19	20 President's Day AND National Love Your Pet Day	21	22 Mental Wellness Tip: Find somewhere outside to safely stand or walk barefoot, there are proven positive benefits for the body and mind!	23 Family Movie And Dinner Night Firehouse 5-7pm	24 Create the Good Abstract Art 11:30am-2pm	25
26 National Letter To An Elder Day	27	28 Douglas High School Lunch Sushi Time!				

This calendar is supported through the generosity of a community member who has lost a loved one to suicide.