

February

"Prevention starts here"
-SPN Staff

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

National Black History Month

1 National Freedom Day
13th Amendment

2 Groundhog Day

3 Women Physicians Day

4 World Cancer Day

5

6 Living Out Loud (High School)
SPN Office
2:45-4:00pm

7 Growth Through Change
Douglas County Community Center
3:30-4:30pm

8 Partnership Douglas County
General Meeting

9

10 Tell someone your story

11 Make a Friend Day

12 National Freelance Writers Appreciation Week

13 PTSD Support Group
SPN Office
6:00-7:30pm

14 Chamber Coffee
Valentine's Day

15 *All New* Survivors of Suicide Group
SPN Office
6:00-7:30pm
Gail Jacobs

16 National Caregivers Day

17 Random Acts of Kindness Day

18

19 PRESIDENTS DAY

20 Living Out Loud (High School)
SPN Office
2:45-4:00pm

21 Growth Through Change
Douglas County Community Center
3:30-4:30pm

22

23 Give out Free Hugs

24

25 Teach someone something

26

27 PTSD Support Group
SPN Office
6:00-7:30pm

28 All you need is love

29

Boost Self Esteem Month