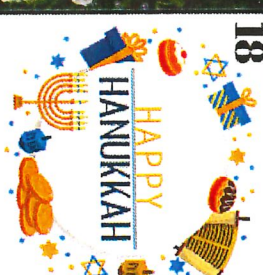


DECEMBER

"Prevention begins here"
-SPN Staff

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seasonal Depression Awareness Month						
Read a New Book Month						
4 	5 International Volunteer Day	6	7	8 50+ Club Caroling! BHS 12-2pm	9 Create the Good and Wreath Making! Firehouse 12-2pm	10 Human Rights Day
11	12 SEL class Diamond Valley Elementary School	13 SEL class Diamond Valley Elementary School	14 Teen Hangout Firehouse 4:30-6pm	15 Mental Wellness Tip: Think of 5 things you are grateful for.	16 Create the Good, Ugly Sweater Contest and Bingo! BHS 12-2pm	17
18 	19	20 Mental Wellness Tip: Try a new arts and craft today.	21	22	23 Mental Wellness Tip: Be sure to stay extra hydrated this week!	24 
25 	26 	27	28 Family Movie And Dinner Night Firehouse 5-7pm	29 Mental Wellness Tip: Take a walk and get some fresh air and sun today!	30	31 Welcome 2023

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