

March

"Prevention begins here"
-SPN Staff



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Irish-American Heritage Month			1 Growth Through Change DCCC CVMC Room 3:30-4:30pm	2 *New Time Suicide Loss Support Group SPN Office 5:30-7:00pm	3	4
National Women's History Month			8 International Women's Day	9	10 Mental Wellness Tip: Find a way to give a random act of kindness!	11
5 Mental Wellness Tip: Try some journaling today!	6	7 Living Out Loud SPN Office 2:30-3:30pm Be The Change Self-care 1-2 pm @ DCCC	15 Growth Through Change DCCC CVMC Room 3:30-4:30pm	16	17 Saint Patrick's Day	18 3D Star Card Art Day DC Library RSVP to attend: please call the SPN office.
12 Daylight Saving Time begins	13	14 PTSD Support Group SPN Office 6:00-7:30pm	22	23 Mental Wellness Tip: Try a new healthy recipe	24	25 Mental Wellness Tip: Spend time with animals today!
19 International Read to Me Day	20 First day of spring	21 Living Out Loud SPN Office 2:30-3:30pm Be The Change Self-Care 5:30-6:30 pm @ DCCC	28 PTSD Support Group SPN Office 6:00-7:30pm	30 safeTALK 8:45 - 12:30pm RSVP to attend: please call the SPN office.	31	
26	27		29			