

January

2019

Mindfulness Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 https://www.mentalhealth.gov/	11	12
13	14 Where to find help https://www.healthypace.com/other-info/resources/mental-health-hotline-numbers-and-referral-resources	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
	https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/					



--	--	--	--	--	--