



HOLMES MURPHY FRATERNAL PRACTICE

**2020-2021 PREVENTION  
RESOURCE CALENDAR**

# HOLMES MURPHY FRATERNAL PRACTICE

2020 -2021 PREVENTION RESOURCE CALENDAR

**pre· ven· tion**

**/prə'ven(t)SH(ə)n/**

**noun**

**the action of stopping something from happening or arising**

This calendar was created for **YOU**. Maybe you are a staff member who is looking for new programming ideas. Maybe you are an Advisor and want to do new programming this year. Or maybe you are an officer and want to do more than just read curriculum to your members. Perhaps you are a member who wants to do some good. Regardless of who you are, at Holmes Murphy Fraternal Practice, we believe everyone can make an impact through the lens of safety, prevention and education.

In this calendar, you will find information about health and safety observances throughout the year and resources that can help guide your programming efforts. You will note many "outside the box" resources and we hope this will help you plan differently and more effectively with the themes of kindness and inclusion at the core of your work.

We also invite you to share your efforts throughout the year on our Holmes Murphy social media channels. We look forward to seeing the good you can do within your organization!

*We offer this information to provoke thought and discussion and it should not be viewed as a mandate or requirement. We view part of our role as an insurance and risk management professional to anticipate your needs and educate you in an effort to complement the organization's loss prevention and control efforts, not replace the decision making autonomy of our client organizations. We hope you find this educational piece to be of value and stand ready to discuss it further with you or any of your constituents.*



# WAYS TO ENGAGE THROUGH AWARENESS CAMPAIGNS

## **Raise awareness through sharing information.**

- Share information about your campus and community resources - hours, location, phone number, services.
- Share information on national resources – websites, helplines, and organizations that work directly to offer support and education around the cause.
- Take the time to provide education at a meeting.
- Post facts and statistics on social media to visually show support and spread awareness.
- Watch an educational awareness video at a meeting on the topic and process what you watched together.
- If there is a color to show support and/or ribbon you can wear, encourage members to wear this for a meeting and/or on a certain date. Take a picture together. Post this on social media as a show of support with facts and/or resources.
- Coordinate an awareness tabling event with a student organization, campus office, and/or community resource. Work collaboratively to spread information, show support, and share resources available. You can also volunteer at tabling events that are already happening.
- Retweet and share information via social media from organizations that work with the cause.

## **Participate in educational programs and available trainings.**

- Learn more about the signs of issues and concerns, as well as available support through the educational resources.
- Attend and/or partner with another student organization for education.
- Explore ways to get involved with local organizations doing work on the issue. This could be through volunteering, donating supplies/funds.
- Get involved with local philanthropic efforts and campus or community programming around the cause.

*\*Resource credit to Phi Kappa Psi Fraternity.*



### Preventing Underage Drinking

SAMHSA's initiatives CommunitiesTalk and "Talk. They Hear You." encourage conversations about how to prevent underage and high-risk drinking. Learn about Communities Talk: Town Hall Meetings to Prevent Underage Drinking and the "Talk. They Hear You." campaign. [samhsa.gov/underage-drinking](http://samhsa.gov/underage-drinking)

### National Happiness Happens Day August 8

Observed each year. Therefore on this day each year just let it happen. The Secret Society of Happy People is an organization that was founded in August of 1998 and formed to celebrate the expression of happiness. [sohp.com](http://sohp.com)

### Women's Equality Day August 26

This day is celebrated in the United States to commemorate the 1920 adoption of the Nineteenth Amendment to the United States Constitution, which prohibits the states and the federal government from denying the right to vote to citizens of the United States on the basis of sex. [nationalwomenshistoryalliance.org/resources/commemorations/womens-equality-day](http://nationalwomenshistoryalliance.org/resources/commemorations/womens-equality-day)

### International Overdose Awareness Day

August 31  
International Overdose Awareness Day is a global event held on August 31st each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose. [overdoseday.com](http://overdoseday.com)



# AUGUST

						1
2	3	4	5	6	7	8 NATIONAL HAPPINESS HAPPENS DAY
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26 WOMEN'S EQUALITY DAY	27 NATIONAL JUST BECAUSE DAY	28	29
30	31 INTERNATIONAL OVERDOSE AWARENESS DAY					

**Social Media Day #MyFraternity** September 12  
Join with thousands of fraternity men around the world to share your story on social media. Include #myFraternity and show the world the positive impact of fraternities.

**Suicide Prevention Awareness Month**  
Help promote resources and awareness about suicide prevention and ways to help others in need.

National Suicide Prevention Lifeline  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) – 1.800.273.8255

**JED Foundation**  
Get help now: Text “Start” To 741-741 or call 1-800-273-Talk (8255) [jedfoundation.org](http://jedfoundation.org)

**World Clean Up Day** September 19  
[www.worldcleanupday.org](http://www.worldcleanupday.org)

**National Dance Day** September 19  
[americandancemovement.org/national-dance-day](http://americandancemovement.org/national-dance-day)

**International Day Of Peace** September 21  
“Peace Day” is observed around the world each year. [internationaldayofpeace.org](http://internationaldayofpeace.org)

**National Hazing Prevention Week** September 21-25  
NHPW is an opportunity for campuses, schools, communities, organizations and individuals to raise awareness about the problem of hazing, educate others about hazing, and promote the prevention of hazing. [hazingprevention.org/home/prevention/national-hazing-prevention-week](http://hazingprevention.org/home/prevention/national-hazing-prevention-week)

**National Voter Registration Day** September 22 Are you registered to vote? <https://nationalvoterregistrationday.org>

**Women’s Health & Fitness Day** September 30  
The nation’s largest annual health promotion event for women of all ages. [fitnessday.com/women](http://fitnessday.com/women)



# SEPTEMBER

		1	2	3	4	5
6	7	8	9	10 WORLD SUICIDE PREVENTION DAY	11	12 SOCIAL MEDIA DAY #MyFraternity
SUICIDE PREVENTION WEEK						
13	14	15 NATIONAL HISPANIC HERITAGE MONTH	16	17	18	19 NATIONAL DANCE DAY WORLD CLEAN UP DAY
20	21 INTERNATIONAL DAY OF PEACE	22 VOTER REGISTRATION DAY	23	24	25	26
NATIONAL HAZING PREVENTION WEEK						
27 NATIONAL HISPANIC HERITAGE MONTH	28	29	30 WOMEN’S HEALTH & FITNESS DAY			

**National Recovery Month** sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), is a national observance held every September to educate Americans [recoverymonth.gov](http://recoverymonth.gov)

**National Campus Fire Safety Month** Plan a fire drill and test your members’ knowledge of how to operate a fire extinguisher. [campusfiresafety.org/Campus-Fire-Safety-](http://campusfiresafety.org/Campus-Fire-Safety-)

**National Hispanic Heritage Month** September 15 – October 15  
Paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society. [hispanicheritagemonth.gov](http://hispanicheritagemonth.gov)

### Domestic Violence Awareness Month

Don't stay silent. It's time to speak up all month long. October is National Domestic Violence Awareness Month, which first began in 1981 by the National Coalition Against Domestic Violence as a Day of Unity to connect battered women's advocates across the country. [ncadv.org/take-action](http://ncadv.org/take-action)

### Mental Illness Awareness Week

October 4-10  
Help yourself and those around you by learning about tools and resources for screening for mental health disorders. SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals facing mental and/or substance use disorders. SAMHSA'S NATIONAL HELPLINE – 1.800.662.HELP (4357)

### National Collegiate Alcohol Awareness Week

October 18-24  
College and university students will join forces with their peers and campus professionals on more than 800 campuses across the country to promote NCAAW. During NCAAW, students have the opportunity to participate in a variety of awareness and educational events, all designed by the campus' prevention partners and leaders to reinforce personal responsibility and respect for current state laws and policies when it comes to the consumption of alcohol beverages. [coheasap.myacpa.org/ncaaw](http://coheasap.myacpa.org/ncaaw)

### Halloween

October 31  
If your organization is hosting a Halloween event, take the time to educate your members and guests on appropriate themes and costumes. Event themes should NOT be disrespectful or degrading to any person or population, NOT rely on stereotypes of a certain group, NOT encourage offensive dress or costumes, NOT stereotype men or women, and should NOT be centered on making fun of a particular group of people, culture, or organization. [http://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2019/10/HM\\_Party\\_Themes2019\\_FINAL.pdf](http://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2019/10/HM_Party_Themes2019_FINAL.pdf)



# OCTOBER

				1	2	3 RAY OF HOPE WALK TO END VIOLENCE AGAINST WOMEN
4	5	6	7	8	9	10
MENTAL ILLNESS AWARENESS WEEK						
11 CHICAGO MARATHON	12 WORLD ARTHRITIS DAY	13	14 GLOBAL HANDWASHING DAY	15 NATIONAL MAMMOGRAPHY DAY	16	17
18	19	20	21	22	23	24
NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK						
25	26	27	28	29	30	31 HALLOWEEN

### LGBT History Month

Celebrates the achievements of 31 lesbian, gay, bisexual or transgender Icons. Each day in October, a new LGBT Icon is featured with a video, bio, bibliography, downloadable images and other resources. [lgbthistorymonth.com](http://lgbthistorymonth.com)

### Positive Attitude Month

This is an annual designation observed in October. A positive attitude is the best trait you can carry with you, because it makes any difficult or frustrating situation a lot easier to deal with. If you look at most scenarios as "glass half empty," now is the time to change that! [selfgrowth.com](http://selfgrowth.com)

## National Scholarship Month

November is National Scholarship Month, referred to by the National Scholarship Providers Association as a time to raise awareness of scholarship opportunities for current and future college students. November is an excellent time to begin the scholarship application process if you have not done so already. [scholarships.com](http://scholarships.com)

## Election Day November 3

Make sure to exercise your right to vote. <https://www.vote.org/>

## National Native American Heritage Month

This month is dedicated to learning about the unique culture and richness of Native American people and the contributions they have made to the United States.

[nativeamericanheritagemonth.gov](http://nativeamericanheritagemonth.gov)

## Veteran's Day November 11

Veterans Day is a United States federal holiday observed annually on November 11, honoring and remembering all those who have served in the United States Armed Forces. [military.com/veterans-day/ways-to-give-back-to-veterans.html](http://military.com/veterans-day/ways-to-give-back-to-veterans.html)

## World Kindness Day November 13

The purpose of World Kindness Day is to highlight good deeds in the community, focusing on the positive power and the common thread of kindness that binds us. [randomactsofkindness.org](http://randomactsofkindness.org)

## Great American Smoke Out November 19

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event be your day to start your journey toward a smoke-free life.

[cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html](http://cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html)

## Random Acts of Kindness Friday November 29

A random act of kindness is a non-premeditated, inconsistent action designed to offer kindness towards the outside world. The phrase "practice random kindness and senseless acts of beauty" was written by Anne Herbert on a placemat in Sausalito, California in 1982.



# NOVEMBER

					1	2
3 ELECTION DAY	4	5	6	7	8	9
10	11 VETERAN'S DAY	12	13 WORLD KINDNESS DAY	14	15	16
17	18	19 GREAT AMERICAN SMOKE OUT	20	21	22	23
24	25	26	27	28	29 RANDOMACTS OF KINDNESS FRIDAY	30

## National Addictions Awareness Week | 2020 DATES TBD

<https://www.ccsa.ca/national-addictions-awareness-week>

Free webinars from the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

<https://hecaod.osu.edu/trainings/webinars/prescription-drugs/>

### National Impaired Driving Prevention Month

Enjoy time with friends and families responsibly as the holiday season approaches. Take action against impaired driving. [nhtsa.gov/risky-driving/drunk-driving#view-campaign](https://nhtsa.gov/risky-driving/drunk-driving#view-campaign)

### Eat A Red Apple Day December 1

Get involved with this day of celebration by encouraging your friends and family to buy or pick some red apples and remind yourselves just how delicious they are! You could always really indulge and make an apple pie! <https://www.cooksinfo.com/eat-a-red-apple-a-day>

### International Day of Persons with Disabilities

December 3

"On this International Day, let us reaffirm our commitment to work together for a better world that is inclusive, equitable and sustainable for everyone, where the rights of people with disabilities are fully realized."

— António Guterres, UN Secretary-General

<https://www.un.org/en/observances/day-of-persons-with-disabilities>



# DECEMBER

		<b>1</b> EAT A RED APPLE DAY	<b>2</b>	<b>3</b> INTERNATIONAL DAY OF PERSONS WITH DISABILITIES	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

### National Mentoring Month

National Mentoring Month is a campaign held each January to promote youth mentoring in the United States. It was inaugurated in 2002, and is spearheaded by the Harvard School of Public Health, MENTOR, and the Corporation for National and Community Service. [mentoring.org](http://mentoring.org)

### National Thank You Month

What can you do to express gratitude this month? [writeawriting.com/creative/national-thank-month](http://writeawriting.com/creative/national-thank-month)

### National Volunteer Blood Donor Month

The American Red Cross will continue to play its key role of supplying blood all across the nation to the hospitals, clinics, care centers, and medical facilities that serve our communities. [redcrossblood.org/](http://redcrossblood.org/)

### Martin Luther King, Jr. Day January 18

Reverend Martin Luther King Jr. was born on January 15, 1929. He was a Baptist minister and leader of the civil rights movement, championing justice and equality from the mid-1950s until his death by assassination in 1968. As he said, "Injustice anywhere is a threat to justice everywhere." This federal holiday falls around his birthday, January 15. On this day, many Americans celebrate his legacy through community volunteering. [thekingcenter.org](http://thekingcenter.org)

### Healthy Weight Week January 19-25

This year marks the 21st annual Healthy Weight Week, a time to celebrate healthy, diet-free living habits that last a lifetime. [cdc.gov/healthyweight/index.html](http://cdc.gov/healthyweight/index.html)



# JANUARY

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 MARTIN LUTHER KING, JR. DAY	19	20	21	22	23
24	25	26	27	28	29	30
31						



# FEBRUARY

## International Boost Self-Esteem Month

February is International Boost Self-Esteem Month, and boosting your self-esteem is great for fighting depression and anxiety and is good for your overall mental wellness. [urlifematters.net/f/february-is-international-boost-your-self-esteem-month](http://urlifematters.net/f/february-is-international-boost-your-self-esteem-month)

## NPC Month of the Scholar

[npcwomen.org/login/college-panhellenics/other-resources/month-of-the-scholar](http://npcwomen.org/login/college-panhellenics/other-resources/month-of-the-scholar)

## Black History Month

February marks Black History Month, a federally recognized, nationwide celebration that calls on all Americans to reflect on the significant roles that African-Americans have played in shaping US history. [africanamericanhistorymonth.gov](http://africanamericanhistorymonth.gov)

## National Wear Red Day February 7

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do. [goredforwomen.org](http://goredforwomen.org)

## Random Acts of Kindness Day February 17

National Random Acts of Kindness Day has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness. It is a favorite day to many, as people everywhere are enjoying doing these acts of kindness. [randomactsofkindness.org](http://randomactsofkindness.org)

## National Eating Disorders Awareness Week

February 21-27 Get the facts about eating disorders and how you can help others or yourself prevent eating disorders or get necessary treatment for this complex illness. [nationaleatingdisorders.org](http://nationaleatingdisorders.org)

	1	2	3	4	5	7 NATIONAL WEAR RED DAY
7	8	9	10	11	12	13
14	15	16	17 RANDOM ACTS OF KINDNESS DAY	18	19	20
21	22	23	24	26	26	27
NATIONAL EATING DISORDERS AWARENESS WEEK						
28						

## Women's History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.  
[womenshistorymonth.gov](http://womenshistorymonth.gov)

## Safe Spring Break Awareness

Awareness is half the battle, but sometimes college students get caught up in the heat of the moment. Before you go, create a safety plan for Spring Break!  
[cdc.gov/family/springbreak/index.htm](http://cdc.gov/family/springbreak/index.htm)

## NPC International Panhellenic Badge Day

March 1  
The celebration to honor sisterhood was started in 1997 by the National Panhellenic Conference. The date is recognized during March, which is also National Women's History Month and set aside for International Women's Day. The inaugural campaign was titled: "It's as Simple as Wearing your Pin...with Pride."  
[npcwomen.org/login/college-panhellenics/other-resources/badge-day](http://npcwomen.org/login/college-panhellenics/other-resources/badge-day)

## National Ritual Celebration Week

March 1-5  
Phi Mu Fraternity invites all interfraternal Greek organizations and campuses with a fraternity/sorority community to join Phi Mu by participating in National Ritual Celebration Week.  
[phimu.org/about-us/national-ritual-celebration-week/](http://phimu.org/about-us/national-ritual-celebration-week/)

## International Day of Happiness

March 20  
The International Day of Happiness is celebrated worldwide on this day, and was conceptualized and founded by philanthropist, activist, statesman, and prominent United Nations special advisor Jayme Illien to inspire, mobilize, and advance the global happiness movement.  
[dayofhappiness.net/#new](http://dayofhappiness.net/#new)

## Drug and Alcohol Facts Week

March 22-28  
NDAFW is an annual health observance week that connects people with resources to **SHATTER THE MYTHS** about drug and alcohol.  
[teens.drugabuse.gov/national-drug-alcohol-facts-week](http://teens.drugabuse.gov/national-drug-alcohol-facts-week)



# MARCH

	<b>1</b> NPC INTERNATIONAL PANHELLENIC BADGE	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	NATIONAL RITUAL CELEBRATION WEEK					
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> INTERNATIONAL DAY OF HAPPINESS	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	DRUGS AND ALCOHOL FACTS WEEK					
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

### Keep America Beautiful Month

As the earth turns green, Keep America Beautiful Month in April reminds us of the ways we improve our environment. It's not just about picking up trash and keeping our own living space clean. [kab.org/news-info/affiliate-beautiful-ontnupdates/ten-ways-celebrate-keep-america-](http://kab.org/news-info/affiliate-beautiful-ontnupdates/ten-ways-celebrate-keep-america-)

### National STD Awareness Week April 11-17

Each April, we observe STD Awareness Month to spread the word about what sexually transmitted diseases (STDs) are and how they impact people's lives, as well as to reach communities about why it's so important to prevent, test for, and treat these infections. [cdc.gov/std/saw/index.htm](http://cdc.gov/std/saw/index.htm)

### Sexual Assault & Prevention Awareness Month

The goal of SAAM is to raise public awareness about sexual harassment, abuse, and assault and educate communities on how to prevent it. In April 2020, the "I Ask" campaign will enter its second year, as we continue to explore the importance of consent in healthy relationships and empower everyone to put it into practice. [nsvrc.org/saam](http://nsvrc.org/saam)

### National Alcohol Awareness Month

Since 1987, National Alcohol Awareness Month has provided an opportunity to increase awareness and understanding of alcoholism and alcohol-related issues, as well as prevention and treatment [alcohol.org/awareness-month/](http://alcohol.org/awareness-month/)

### National Volunteer Week April 18-24

An opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world. [pointsoflight.org/nvw/](http://pointsoflight.org/nvw/)

### Denim Day April 28

Wear jeans with a purpose, support survivors, and educate yourself and others about sexual assault. [denimdayinfo.org](http://denimdayinfo.org)



# APRIL

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
NATIONAL STD AWARENESS WEEK						
18	19	20	21	22	23 DENIM DAY	24
NATIONAL VOLUNTEER WEEK						
25	26	27	28	29	30	

### Mental Health Month

Mental Health Month has been observed every May since 1949 to emphasize that everyone should care about mental health. SAMHSA offers numerous resources that can help support positive mental health.

[nami.org/get-involved/awareness-events/mental-health-month](http://nami.org/get-involved/awareness-events/mental-health-month)

### Asian-Pacific American Heritage Month

In May, we pay tribute to the generations of Asian and Pacific Islanders who have enriched America's history and are instrumental in its future success. [asianpacificheritage.gov](http://asianpacificheritage.gov)

**Arthritis Awareness Month** Alpha Omicron Pi's Philanthropic Partner is the Arthritis Foundation. [arthritis.org/](http://arthritis.org/)

### Skin Cancer Awareness Month

May is Skin Cancer Awareness Month. With over 5 million cases diagnosed in the United States each year, skin cancer is the most common cancer in the United States. [skincancer.org](http://skincancer.org)

### National Prevention Week May 9-15

National Prevention Week is here! How are you inspiring action and changing lives? [samhsa.gov/prevention-week](http://samhsa.gov/prevention-week)

### World No Tobacco Day May 31

Encourage a 24-hour period of abstinence from all forms of tobacco consumption within your organization and community. [who.int/news-room/events/detail/](http://who.int/news-room/events/detail/)



# MAY

						1
2	4	5	6	7	8	9
9	10	11	12	13	14	15
NATIONAL PREVENTION WEEK						
16	18	19	20	21	22	23
23	25	26	27	28	29	30
30	31 WORLD NO TOBACCO					

### National Safety Month

June is an annual month-long observance in the United States each June. During National Safety Month, individuals and organizations participate by making efforts to reduce the leading causes of unintentional injury and death at work, on the road, and in homes and communities. [nsc.org](http://nsc.org)

### LGBT Pride Month

The month of June was chosen for LGBT Pride Month to commemorate the Stonewall riots, which occurred at the end of June 1969. As a result, many pride events are held during this month to recognize the impact LGBT people have had in the world. [loc.gov/lgbt-pride-month/about/](http://loc.gov/lgbt-pride-month/about/)

**National Men's Health Week & Month** June 13-19  
Join your community in raising awareness around preventable health problems for men and encourage checkups to detect diseases early. [cdc.gov/features/healthymen/index.html](http://cdc.gov/features/healthymen/index.html)

**National HIV Testing Day** June 27  
HIV Testing Day is an annual occasion to encourage people to get an HIV test. CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. [hiv.gov/events/awareness-days/hiv-testing-day](http://hiv.gov/events/awareness-days/hiv-testing-day)



# JUNE

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
NATIONAL MEN'S HEALTH WEEK						
20	21	22	23	24	25	26
27	28	29	30			
NATIONAL HIV TESTING DAY						

### UV Safety Month

Overexposure to the sun's UV rays can cause damage to the skin and cause different types of skin cancer. Protect yourself from harmful UV rays. [cancer.org/healthy/be-safe-in-sun.html](http://cancer.org/healthy/be-safe-in-sun.html)

### JA Awareness Month

Alpha Omicron Pi's Philanthropic Partner is the Arthritis Foundation. [arthritis.org/](http://arthritis.org/)

### The Fourth of July

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. [nsc.org](http://nsc.org)

### The International Day of Friendship July 30

This is a United Nations (UN) day that promotes the role that friendship plays in promoting peace in many cultures. [un.org/en/events/friendshipday](http://un.org/en/events/friendshipday)



# JULY

				1	2	3 THE FOURTH OF JULY
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 INTERNATIONAL DAY OF FRIENDSHIP	31

# HOLMES MURPHY FRATERNAL PRACTICE

2020-2021 PREVENTION RESOURCE CALENDAR

At Holmes Murphy, we speak your language and also offer the essential insurance products to fit the unique needs of each client and respective organization.

Planning an event? Have questions about contracts or safe event planning? Or perhaps, how to build a guest list or figuring out the role of event monitors? Please visit our website for free and valuable resources.

**[HOLMESMURPHYFRATERNAL.COM](http://HOLMESMURPHYFRATERNAL.COM)**

**DOWNLOAD THE FREE "HM EVENT PLANNER" APP BY  
VISITING THE APP STORE.**

Other Useful Resources:

American Counseling Association [counseling.org](http://counseling.org)  
Center for Disease Control [cdc.gov](http://cdc.gov)  
Gallup [gallup.com/home.aspx](http://gallup.com/home.aspx)  
Higher Education Research Institute [heri.ucla.edu](http://heri.ucla.edu)  
Monitoring the Future [monitoringthefuture.org](http://monitoringthefuture.org)  
Multi-Cultural Mental Health Resource Center [multiculturalmentalhealth.ca/en](http://multiculturalmentalhealth.ca/en)  
NASPA [naspa.org](http://naspa.org)  
National Alliance on Mental Illness [nami.org](http://nami.org)  
National Council for Behavioral Health [thenationalcouncil.org](http://thenationalcouncil.org)  
National Institute on Drug Abuse [drugabuse.gov](http://drugabuse.gov)  
National Institute of Health [nih.gov](http://nih.gov)

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