



# 2023-2024 PREVENTION RESOURCE CALENDAR

**HOLMES MURPHY FRATERNAL PRACTICE**



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## 2023-2024 PREVENTION RESOURCE CALENDAR

### **pre·ven·tion**

pruh·ven·shn

### **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!



Like us on Facebook at  
**Holmes Murphy  
Fraternal Practice**



Follow us on Instagram  
**@HolmesMurphyFS**



Follow us on Twitter  
**@HolmesMurphyFS**

*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.

**HURRICANE SEASON | JUNE 1 – NOVEMBER 30**

<https://www.weather.gov/wrn/hurricane-preparedness>

**PREVENTING UNDERAGE DRINKING**

SAMHSA’s initiatives Communities Talk 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.

[www.samhsa.gov/underage-drinking](http://www.samhsa.gov/underage-drinking)

**NATIONAL HAPPINESS DAY | MONTH AUGUST 8**

The Secret Society of Happy People is an organization that was founded in August of 1998 and formed to celebrate the expression of happiness.

<https://nationaltoday.com/happiness-happens-month/>

**WOMEN’S EQUALITY DAY | AUGUST 26**

Commemorates 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 citizens of the United States on the basis of sex.

<https://nationalwomenshistoryalliance.org/resources/commemorations/womens-equality-day/>

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8 National Happiness Day/Month	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	1	2

Continued on next page...

# August dates continued

## **NATIONAL JUST BECAUSE DAY | AUGUST 27**

This day offers up an opportunity to do stuff...just because. Feel free to celebrate this day any way you choose. Just because!

<https://www.holidaycalendar.com/event/national-just-because-day/>

## **INTERNATIONAL OVERDOSE AWARENESS DAY | AUGUST 31**

This day 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.

<https://www.overdoseday.com/>

# August Birthdays!

## **August 8**

Beta Theta Pi Fraternity Founders' Day (1839)

## **August 15**

Delta Sigma Iota National Fraternity Founders' Day (2000)

## **August 16**

Phi Kappa Sigma Fraternity Founders' Day (1850)

Sigma Beta Rho National Fraternity Founders' Day (1996)

HURRICANE SEASON | JUNE 1 – NOVEMBER 30  
<https://www.weather.gov/wrn/hurricane-preparedness>

# September 2023

SUICIDE PREVENTION AWARENESS MONTH  
 WORLD SUICIDE PREVENTION DAY | SEPTEMBER 10  
<https://www.iasp.info/wspd/>

SUICIDE PREVENTION WEEK | SEPTEMBER 5-11

Help promote resources and awareness about suicide prevention and ways to help others in need.

988 Suicide and Crisis Lifeline  
 Call 988  
<https://988lifeline.org/>

JED Foundation  
 Get help now.  
 Text "START" to 741-741 or call 1-800-273-TALK (8255)  
<https://www.jedfoundation.org/>

NATIONAL CAMPUS FIRE SAFETY MONTH  
 Plan a fire drill and test your members' knowledge of how to operate a fire extinguisher.  
<https://www.nfpa.org/Public-Education/Staying-safe/Safety-in-living-and-entertainment-spaces/Campus-and-dorm-fires>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
Suicide Prevention Week   September 5-11						
10	11	12	13	14	15	16
World Suicide Day					World Clean Up Day National Dance Day	
17	18	19	20	21	22	23
		National Voter Registration Day	International Day Of Peace		Hunger Action Day	
National Hispanic Heritage Month   Sept. 15- Oct.15						
24	25	26	27	28	29	30
			Women's Health & Fitness Day			
National Hazing Prevention Week   September 25-29						

Continued on next page...

# September dates continued

## **HUNGER ACTION MONTH/ HUNGER ACTION DAY | SEPTEMBER 23**

A month where people all over America stand together with Feeding America and the nationwide network of food banks to fight hunger. It's a month to spread the word and take action on the hunger crisis, and dedicate ourselves to a solution. Will you join in?

<https://www.feedingamerica.org/take-action/hunger-action-month>

## **NATIONAL HISPANIC HERITAGE MONTH | SEPTEMBER 15 TO OCTOBER 15**

Paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society.

[www.hispanicheritagemonth.gov](http://www.hispanicheritagemonth.gov)

## **NATIONAL RECOVERY MONTH**

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), this is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives.

<https://recoverymonth.gov/>

## **WORLD CLEAN UP DAY | SEPTEMBER 16**

<https://www.worldcleanupday.org/>

## **NATIONAL DANCE DAY | SEPTEMBER 16**

<http://americandancemovement.org/national-dance-day/>

## **NATIONAL VOTER REGISTRATION DAY | SEPTEMBER 19**

Are you registered to vote?

<https://nationalvoterregistrationday.org/>

## **INTERNATIONAL DAY OF PEACE | SEPTMEBER 21**

<https://internationaldayofpeace.org/>

## **NATIONAL HAZING PREVENTION WEEK | SEPTEMBER 25-29**

National Hazing Prevention Week (NHPW) is an opportunity for campuses, schools, communities, organizations and individuals to come together and talk about hazing in their communities, raise awareness about the problem of hazing, educate others about hazing, and promote the prevention of hazing.

<https://hazingprevention.org/events/national-hazing-prevention-week>

## **WOMEN'S HEALTH & FITNESS DAY | September 27**

What is National Women's Health & Fitness Day? Women's Health & Fitness Day is the nation's largest annual health promotion event for women of all ages.

<https://nationaltoday.com/national-womens-health-and-fitness-day/>



# September Birthdays!

## **September 11**

Alpha Tau Omega Fraternity Founders' Day (1865)

## **September 19**

Iota Phi Theta Fraternity, Inc. Founders' Day (1963)

## **September 29**

Hermandad de Sigma Iota Alpha Founders' Day (1990)

HURRICANE SEASON | JUNE 1 –

NOVEMBER 30

<https://www.weather.gov/wrn/hurricane-preparedness>

**CRIME PREVENTION MONTH**

A time when the National Crime Prevention Council (NCPC) asks us to renew or join the commitment to help "Take A Bite Out Of Crime®."

<https://www.nnw.org/october>

**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

<https://ncadv.org/take-action>

**LGBT HISTORY MONTH**

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.

<https://lgbthistorymonth.com/>

**POSITIVE ATTITUDE MONTH**

Positive Attitude Month 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!

<https://www.protocolww.com/5-tips-for-positive-attitude-month/>

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Ray Of Hope Walk To End Violence Against Women	6	7
Mental Illness Awareness Week   October 1-7						
8	9	10	11	12 World Arthritis Day	13	14 Ray of Hope Walk to End Violence Against Women
Chicago Marathon	Fire Prevention Week   October 9-15					
15 National Mammography Day Global Handwashing Day	16	17	18	19	20	21
National Collegiate Alcohol Awareness Week   October 15-21						
22	23	24	25	26	27	28
29	30	31 Halloween	1	2	3	4
5	6	7	8	9	10	11

Continued on next page...

# October dates continued

## **NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH**

### **MENTAL ILLNESS AWARENESS WEEK | OCTOBER 1-7**

Help yourself and those around you by learning about tools and resources for screening for mental health disorders.

<https://www.nami.org/NAMInet/Operations-Governance/Awareness/Mental-Illness-Awareness-Week>

### **SAMHSA's National Helpline – 1-800-662-HELP (4357)**

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.

<https://www.samhsa.gov/find-help/national-helpline>

### **FIRE PREVENTION WEEK | October 9-15**

<https://www.nfpa.org/fpw>

## **BREAST CANCER AWARENESS MONTH**

### **NATIONAL MAMMOGRAPHY DAY | OCTOBER 15**

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early.

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>

### **RAY OF HOPE WALK TO END VIOLENCE AGAINST WOMEN | OCTOBER 5**

Supported by Omega Phi Beta Sorority, Inc.

<https://rayofhopewalk.omegaphibeta.org/>

### **CHICAGO MARATHON | OCTOBER 8**

Proceeds assist the Ronald McDonald House Charities, supported by Alpha Delta Pi.

<https://www.rmhc.org/>

### **WORLD ARTHRITIS DAY | OCTOBER 12**

Alpha Omicron Pi's Philanthropic Partner is the Arthritis Foundation.

<https://www.arthritis.org/>

### **GLOBAL HANDWASHING DAY | OCTOBER 15**

<https://www.cdc.gov/handwashing/global-handwashing-day.html>

### **NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK | October 15-21**

Colleges and universities across the country sponsor programming, educational events, and social activities aimed at raising awareness of alcohol related issues on collegiate campuses. This year's focus is on helping students better understand alcohol abuse, impaired driving, and making healthier decisions surrounding alcohol.

<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 Birthdays!

## **October 1**

Delta Epsilon Psi National Fraternity Founders' Day (1998)  
Delta Kappa Delta National Sorority Founders' Day (1999)

## **October 5**

Alpha Kappa Psi Business Fraternity Founders' Day (1904)

## **October 7**

Delta Xi Nu Multicultural Sorority, Inc. (1997)

## **October 9**

Lambda Tau Omega Sorority, Inc. (1988)

## **October 10**

Alpha Delta Gamma National Fraternity Founders' Day  
(1924)  
Alpha Gamma Rho Fraternity Founders' Day (1904)  
Alpha Phi International Women's Fraternity Founders' Day  
(1872)  
Tau Epsilon Phi Fraternity Founders' Day (1910)

## **October 15**

Delta Lambda Phi Fraternity Founders' Day (1986)

## **October 18**

Gamma Eta Sorority Founders' Day (1995)

## **October 19**

Tau Epsilon Phi Fraternity Founders' Day (1910)

## **October 24**

Lambda Sigma Gamma Sorority, Inc. Founders' Day (1986)

## **October 29**

Alpha Delta Phi Fraternity Founders' Day (1832)

**HURRICANE SEASON | JUNE 1 – NOVEMBER 30**

<https://www.weather.gov/wrn/hurricane-preparedness>

**FREEZE SEASON | NOVEMBER – FEBRUARY**

<https://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2023/07/Leave-the-Heat-On-2023.pdf>

**NATIONAL SCHOLARSHIP MONTH**

The National Scholarship Providers Association designates November as National Scholarship Month. It's 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. <https://www.scholarships.com/>

**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. <https://nativeamericanheritagemonth.gov/>

**MOVEMBER | MEN'S HEALTH MONTH**

For 30 days, your moustache turns you into a walking, talking billboard for men's health. Champion men's health this November, starting with your own. <https://us.movember.com/>

# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11 Veteran's Day
12	13 World Kindness Day	14	15	16	17 Great American Smoke Out	18
19	20	21	22	23	24 Random Acts of Kindness Friday	25
National Addictions Awareness Week November 19-25						
26	27	28	29	30 Computer Security Day	1	2

Continued on next page...

# November dates continued

## **NATIONAL ADDICTIONS AWARENESS WEEK | NOVEMBER 19-25**

<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/>

## **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.

<https://www.military.com/veterans-day/ways-to-give-back-to-veterans.html>

## **WORLD KINDNESS DAY | NOVEMBER 13**

A day to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organizations.

<https://www.randomactsofkindness.org/>

## **GREAT AMERICAN SMOKE OUT | NOVEMBER 17**

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.

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

## **RANDOM ACTS OF KINDNESS FRIDAY | NOVEMBER 24**

The phrase "practice random kindness and senseless acts of beauty" was written by Anne Herbert on a placemat in Sausalito, California in 1982. The goal of RAK Friday was to transform "Black Friday" into RAK Friday with people committing as many Random Acts of Kindness as possible.

<https://www.randomactsofkindness.org/kindness-stories/207-rak-friday>

## **COMPUTER SECURITY DAY | NOVEMBER 30**

<https://www.cybertalk.org/national-computer-security-day/>

# November Birthdays!

## November 1

Sigma Phi Epsilon Fraternity Founders' Day (1901)

## November 2

Phi Delta Chi Professional Pharmacy Fraternity Founders' Day (1883)

## November 4

Delta Upsilon Fraternity Founders' Day (1834)

## November 5

Mu Beta Psi Founders' Day (1925)

## November 6

Lambda Pi Upsilon Sorority, Inc. Founders' Day (1992)

## November 7

Delta Sigma Pi Business Fraternity Founders' Day (1907)

## November 8

Kappa Phi Gamma National Sorority Founders' Day (1998)  
Phi Alpha Delta Professional Law Fraternity Founders' Day (1902)

## November 9

Omega Phi Chi Multicultural Sorority, Inc. Founders' Day (1988)

## November 12

Sigma Gamma Rho Sorority, Inc. Founders' Day (1922)

## November 13

Mu Phi Epsilon Professional Music Fraternity Founders' Day (1903)

## November 15

Alpha Sigma Alpha Sorority Founders' Day (1901)

## November 16

Phi Sigma Chi Multicultural Fraternity Founders' Day (1996)

## November 17

Omega Psi Phi Fraternity, Inc. Founders' Day (1911)  
Delta Phi Fraternity Founders' Day (1872)

## November 20

Gamma Rho Lambda National Sorority Founders' Day (2003)

## November 21

Mu Sigma Upsilon Sorority, Inc. Founders' Day (1981)

## November 24

Psi Upsilon Fraternity Founders' Day (1833)

## November 25

Omega Delta Phi Fraternity Founders' Day (1987)

## November 26

Kappa Alpha Society Founders' Day (1825)

## November 27

Kappa Kappa Psi National Honorary Band Fraternity Founders' Day (1919)

# December 2023

**FREEZE SEASON | NOVEMBER – FEBRUARY**  
<https://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2023/07/Leave-the-Heat-On-2023.pdf>

**WINTER BREAK**  
<https://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2023/07/WinterBreakChecklist2023.pdf>

**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-day>

**NATIONAL IMPAIRED DRIVING PREVENTION MONTH**  
Enjoy time with friends and families responsibly as the holiday season approaches. Take action against impaired driving.  
<https://www.nhtsa.gov/risky-driving/drunk-driving#view-campaign>

**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>

**NATIONAL COOKIE DAY | DECEMBER 4**  
<https://nationaldaycalendar.com/national-cookie-day-december-4/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Eat a Red Apple Day	2
3	4	5	6	7	8	9
International Day of Person with Disabilities	National Cookie Day					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Continued on next page...



# December Birthdays!

## **December 1**

Lambda Theta Phi Latin Fraternity, Inc. Founders' Day (1975)  
Lambda Theta Alpha Latin Sorority, Inc. Founders' Day (1975)  
Sigma Lambda Upsilon Sorority, Inc. Founders' Day (1987)

## **December 3**

Gamma Zeta Alpha Fraternity, Inc. Founders' Day (1987)

## **December 4**

Alpha Phi Alpha Fraternity, Inc. Founders' Day (1906)

## **December 6**

Alpha Sigma Phi Fraternity Founders' Day (1845)  
Delta Phi Omega National Sorority Founders' Day (1998)

## **December 10**

Lambda Alpha Upsilon Fraternity, Inc. Founders' Day (1985)  
Pi Kappa Phi Fraternity Founders' Day (1904)

## **December 11**

Alpha Chi Sigma Professional Fraternity Founders' Day (1902)

## **December 12**

Psi Sigma Phi Multicultural Fraternity, Inc. Founders' Day (1990)

## **December 21**

Kappa Alpha Order Founders' Day (1865)

## **December 24**

Chi Phi Fraternity Founders' Day (1824)

## **December 26**

Phi Iota Alpha Fraternity, Inc. Founders' Day (1931)

**FREEZE SEASON | NOVEMBER – FEBRUARY**

<https://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2023/07/Leave-the-Heat-On-2023.pdf>

**MARTIN LUTHER KING, JR DAY | JANUARY 15**

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. <https://thekingcenter.org/>

**NATIONAL THANK YOU MONTH**

What can you do to express gratitude this month? <https://nationaltoday.com/national-thank-you-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. <https://www.redcrossblood.org/>

**HEALTHY WEIGHT WEEK | JANUARY 21-27**

A time to celebrate healthy, diet-free living habits that last a lifetime and prevent eating and weight problems. <https://www.cdc.gov/healthyweight/index.html>

# January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King, Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
Healthy Weight Week   January 21-27						
28	29	30	31	1	2	3

# January dates continued

## **National Mentoring Month**

National Mentoring Month is a campaign held each January to promote youth mentoring in the United States. It was inaugurated in 2022, and is spearheaded by the Harvard School of Public Health, MENTOR, and the Corporation for National and Community Service.

<https://www.mentoring.org/>

# January Birthdays!

## **January 1**

Delta Tau Delta Fraternity Founders' Day (1858)

Sigma Nu Fraternity Founders' Day (1869)

## **January 2**

Alpha Omicron Pi International Women's Fraternity Founders' Day (1897)

## **January 5**

Kappa Alpha Psi Fraternity, Inc. Founders' Day (1911)

## **January 9**

Phi Beta Sigma Fraternity, Inc Founders' Day (1914)

## **January 13**

Delta Sigma Theta Sorority, Inc. Founders' Day (1913)

## **January 15**

Alpha Kappa Alpha Sorority, Inc. Founders' Day (1908)

## **January 16**

Zeta Phi Beta Sorority, Inc. Founders' Day (1920)

## **January 17**

St. Anthony Hall/The Fraternity of Delta Psi Founders' Day (1847)

## **January 26**

Sigma Alpha Professional Agricultural Sorority Founders; Day (1978)

# February 2024

## FREEZE SEASON | NOVEMBER – FEBRUARY

<https://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2023/07/Leave-the-Heat-On-2023.pdf>

## 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.

<https://www.africanamericanhistorymonth.gov/>

## NPC MONTH OF THE SCHOLAR

Great resources to support and celebrate the scholars in your chapter.

<https://www.npcwomen.org/login/college-panhellenics/other-resources/month-of-the-scholar/>

## INTERNATIONAL BOOST SELF-ESTEEM MONTH

Boosting your self-esteem is great for fighting depression and anxiety and is good for your overall mental wellness.

<https://www.awards4u.com/blog/4-ways-boost-self-esteem-month>

## NATIONAL WEAR RED DAY | FEBRUARY 2

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.

<https://www.goredforwomen.org/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 National Wear Red Day	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Random Acts Of Kindness Day
18	19	20	21	22	23	24
25	26	27	28	29	1	2
National Eating Disorder Awareness Week   February 27 – March 5						

Continued on next page...

# February dates continued

## **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.

<https://www.randomactsofkindness.org/>

## **NATIONAL EATING DISORDERS AWARENESS WEEK | FEBRUARY 27- MARCH 5**

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.

<https://www.nationaleatingdisorders.org/get-involved/nedawareness>

# February Birthdays!

## **February 1**

Alpha Phi Gamma National Sorority Founders' Day (1994)  
Pi Alpha Phi National Fraternity, Inc. Founders' Day (1926)

## **February 7**

Iota Nu Delta National Fraternity, Inc. Founders' Day (1994)  
alpha Kappa Delta Phi Founders' Day (1990)

## **February 11**

Alpha Psi Lambda National, Inc. Founders' Day (1985)

## **February 19**

Lambda Upsilon Lambda Fraternity, Inc. Founders' Day (1982)  
Phi Kappa Psi Fraternity Founders' Day (1852)

## **February 20**

Pi Delta Psi National Fraternity, Inc. Founders' Day (1994)

## **February 25**

Lambda Phi Epsilon International Fraternity Founders' Day (1981)

## **February 26**

Sigma Pi Fraternity Founders' Day (1897)

### 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!

<https://wwwnc.cdc.gov/travel/page/spring-break-travel>

### 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.

<https://womenshistorymonth.gov/>

### PI DAY | MARCH 14

<https://www.piday.org/>

### NPC INTERNATIONAL PANHELLENIC BADGE DAY | MARCH 4

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."

<https://www.npcwomen.org/login/college-panhellenics/other-resources/badge-day/>

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4 NPC International Panhellenic Badge Day	5	6	7	8	9
National Ritual Celebration Week   March 4-8						
10	11	12	13	14 PI DAY	15	16
17	18	19	20 International Day Of Happiness	21	22	23
National Drug and Alcohol Facts Week March 18-24						
24	25	26	27	28	29	30

Continued on next page...



# March dates continued

## **NATIONAL RITUAL CELEBRATION WEEK | MARCH 4-8**

We invite all interfraternal organizations and campuses with a fraternity/sorority community to join us by participating in 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.

<https://www.dayofhappiness.net/#new>

## **NATIONAL DRUG AND ALCOHOL FACTS WEEK | MARCH 18-24**

NDAFW is an annual health observance week that connects people with resources to **SHATTER THE MYTHS**® about drugs and alcohol.

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

# March Birthdays!

## **March 1**

Phi Mu Delta Fraternity Founders' Day (1918)

## **March 4**

Sigma Phi Society Founders' Day (1897)  
Phi Mu Fraternity Founders' Day (1852)

## **March 9**

Kappa Phi Lambda National Sorority Founders' Day  
(1995)

## **March 10**

Alpha Pi Sigma Sorority, Inc. Founders' Day (1990)

## **March 11**

Lambda Theta Nu Sorority, Inc. Founders' Day (1986)

## **March 15**

Omega Phi Beta Sorority, Inc. Founders' Day (1989)  
Phi Sigma Kappa Fraternity Founders' Day (1873)

## **March 16**

Delta Kappa Alpha Professional Fraternity Founders' Day  
(1936)

## **March 17**

Phi Kappa Tau Fraternity Founders' Day (1906)  
Sigma Delta Tau Sorority Founders' Day (1917)

## **March 21**

Pi Lambda Phi Fraternity Founders' Day (1895)

## **March 23**

Sigma Psi Zeta National Sorority, Inc. Founders' Day  
(1994)

## **March 26**

Tau Beta Sigma Honorary Band Sorority Founders' Day  
(1946)

**SEXUAL ASSAULT AND 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. Check out all the programming ideas from the National Sexual Violence Resource Center.

<https://www.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.

<https://www.stopalcoholabuse.gov/>

**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.

<https://kab.org/ten-ways-to-celebrate-keep-america-beautiful-month-3/>

**DISTRACTED DRIVING AWARENESS MONTH**

Join NSC during Distracted Driving Awareness Month in April to help make our roadways and our people safer. Create a distracted driving program and engage your members with ready-made communications and resources.

<https://www.nsc.org/road/distracted-driving-awareness-month>

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5 National Alcohol Screening Day	6
7	8	9	10	11	12	13
National STD Awareness Week April 7-13						
14	15	16	17	18	19	20
National Volunteer Week April 14-20						
21	22	23	24 Denim Day	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Continued on next page...

# April dates continued

## **NATIONAL ALCOHOL SCREENING DAY | APRIL 5**

The aim of this event is to increase public awareness that alcohol abuse and alcoholism (in which a person is dependent on alcohol), are recognized disorders which can be treated.

<http://www.whathealth.com/awareness/event/alcoholscreeningday.html>

## **NATIONAL STD AWARENESS WEEK | APRIL 7-13**

We observe STD Awareness Week 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.

<https://www.cdc.gov/std/saw/index.htm>

## **NATIONAL VOLUNTEER WEEK | APRIL 14-20**

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.

<https://www.pointsoflight.org/nvw/>

## **DENIM DAY | APRIL 24**

Wear jeans with a purpose, support survivors, and educate yourself and others about sexual assault.

<https://www.denimdayinfo.org/>

# April Birthdays!

## April 4

Sigma Lambda Beta International Fraternity, Inc. (1986)

## April 5

Lambda Sigma Upsilon Latino Fraternity, Inc. Founders' Day (1979)

## April 6

Kappa Delta Chi Sorority, Inc. Founders' Day (1987)

## April 10

Delta Xi Phi Multicultural Sorority, Inc. Founders' Day (1994)  
Theta Chi Fraternity Founders' Day (1856)

## April 11

Sigma Phi Delta Engineering Fraternity Founders' Day (1924)  
Theta Nu Xi Multicultural Sorority, Inc. Founders' Day (1997)

## April 14

Kappa Delta Phi Fraternity Founders' Day (1900)

## April 15

FarmHouse Fraternity Founders' Day (1905)

## April 16

Lambda Pi Chi Sorority, Inc. Founders' Day (1988)

## April 17

Alpha Xi Delta Fraternity Founders' Day (1893)  
Beta Sigma Psi Fraternity Founders' Day (1925)

## April 20

Delta Xi Phi Sorority Founders' Day (1994)

## April 21

Lambda Iota Fraternity Founders' Day (1836)

## April 22

Alpha Kappa Lambda Fraternity Founders' Day (1914)

## April 27

Beta Upsilon Chi Fraternity Founders' Day (1985)

## April 29

Chi Upsilon Sigma National Latin Sorority, Inc. Founders' Day (1980)  
Phi Kappa Theta Fraternity Founders' Day (1889)  
Theta Xi Fraternity Founders' Day (1864)

# May 2024

**SUMMER BREAK**  
<https://www.holmesmurphy.com/fraternal/wp-content/uploads/sites/2/2023/07/SummerBreakChecklist2023.pdf>

**MENTAL HEALTH AWARENESS 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.  
<https://www.nami.org/mentalhealthmonth>

**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.  
<https://asianpacificheritage.gov/>

**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.  
<https://www.skincancer.org/>

**ARTHRITIS AWARENESS MONTH**  
 Alpha Omicron Pi's Philanthropic Partner is the Arthritis Foundation.  
<https://www.arthritis.org/>

**NATIONAL HURRICANE PREPAREDNESS WEEK | MAY 1-7**  
<https://www.weather.gov/wrn/hurricane-preparedness>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
Hurricane Preparedness Week May 1-7						
5	6	7	8	9	10	11
National Prevention Week 7-13						
12	13	14	15	16	17	18
National Fentanyl Awareness Day						
19	20	21	22	23	24	25
26	27	28	29	30	31	1
World No Tobacco Day						

Continued on next page...

# May dates continued

## **NATIONAL PREVENTION WEEK | MAY 7-13**

National Prevention Week is here! How are you inspiring action and changing lives?

<https://www.samhsa.gov/prevention-week>

## **NATIONAL FENTANYL AWARENESS DAY | MAY 10**

People are dying at alarming rates due to illegally made fentanyl, a dangerous synthetic opioid. Get the facts and share them widely.

<https://www.fentanylawarenessday.org/>

## **WORLD NO TOBACCO DAY | MAY 31**

Encourage a 24-hour period of abstinence from all forms of tobacco consumption within your organization and community.

<https://www.who.int/campaigns/world-no-tobacco-day>

# May Birthdays!

## **May 1**

Phi Gamma Delta Fraternity Founders' Day (1848)

## **May 10**

National Pan-Hellenic Council Founders' Day (1930)

## **May 12**

Acacia Fraternity Founders' Day (1904)

## **May 15**

Alpha Delta Pi International Sorority Founders' Day (1851)

## **May 17**

Kappa Delta Rho Fraternity Founders' Day (1905)

## **May 20**

Chi Psi Fraternity Founders' Day (1841)

## **May 30**

Kappa Psi Pharmaceutical Fraternity, Inc. Founders' Day (1879)



**HURRICANE SEASON | JUNE 1 – NOVEMBER 30**

<https://www.weather.gov/wrn/hurricane-preparedness>

**NATIONAL SAFETY MONTH**

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.

<https://www.nsc.org/work-safety/get-involved/national-safety-month>

**LGBTQ+ 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.

<https://www.loc.gov/lgbt-pride-month/about/>

**NATIONAL MEN'S HEALTH WEEK AND MONTH | June 10-16**

Join your community in raising awareness around preventable health problems for men and encourage checkups to detect diseases early.

<http://www.menshealthmonth.org/>

**WORLD BLOOD DONOR DAY | June 14**

Pull your members together to donate, or host a blood donor event for your community.

<https://www.who.int/campaigns/world-blood-donor-day>

# June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	1	
2	3	4	5	6	7	8	
9	10	11	12	13	14 World Blood Donor Day	15	
16	National Men's Health Week and Month June 10-16						22
23	24	25	26	27 National HIV Testing Day	28	29	

Continued on next page...

# June dates continued

## **NATIONAL HIV TESTING DAY | JUNE 27**

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.

<https://www.hiv.gov/events/awareness-days/hiv-testing-day>

# June Birthdays!

## **June 1**

Zeta Psi Fraternity Founders' Day (1847)

## **June 2**

Beta Chi Theta National Fraternity Founders' Day (1999)

## **June 4**

Alpha Chi Rho Fraternity Founders' Day (1895)

## **June 22**

Delta Kappa Epsilon Fraternity Founders' Day (1844)  
Tau Delta Phi Fraternity Founders' Day (1910)

## **June 28**

Sigma Tau Gamma Fraternity Founders' Day (1920)

HURRICANE SEASON | JUNE 1 –

NOVEMBER 30

<https://www.weather.gov/wrn/hurricane-preparedness>

**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.

<https://www.cancer.org/healthy/be-safe-in-sun.html>

**JA AWARENESS MONTH**

Alpha Omicron Pi’s Philanthropic Partner is the Arthritis Foundation.

<https://www.arthritis.org/>

**SOCIAL WELLNESS MONTH**

This month is a time to focus on nurturing oneself and one’s relationships.

<https://www.takingcharge.csh.umn.edu/july-social-wellness-month>

**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.

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/fireworks>

**NATIONAL LOLLIPOP DAY | JULY 20**

<https://www.holidayscalendar.com/event/national-llollipop-day/>

# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4 The Fourth Of July	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 National Lollipop Day
21	22	23	24	25	26	27
28	29	30 International Day Of Friendship	31	1	2	3
4	5	6	7	8	9	10

Continued on next page...

# July dates continued

## **INTERNATIONAL DAY OF FRIENDSHIP | JULY 30**

A United Nations (UN) day that promotes the role that friendship plays in promoting peace in many cultures. It is observed on July 30 each year.

<https://www.un.org/en/observances/friendship-day>

# July Birthdays!

## **July 30**

Phi Sigma Phi Fraternity Founders' Day (1988)

# HOLMES MURPHY FRATERNAL PRACTICE

## 2023-2024 PREVENTION RESOURCE CALENDAR

At Holmes Murphy, we speak your language and 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.

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

### **Other Useful Resources:**

American Counseling Association <https://www.counseling.org/>

American College Health Association <https://www.acha.org/>

Center for Disease Control <https://www.cdc.gov/>

Gallup <https://www.gallup.com/home.aspx>

Higher Education Center <https://hecaod.osu.edu/>

Higher Education Research Institute <https://heri.ucla.edu/>

Monitoring the Future <http://monitoringthefuture.org/>

Multi-Cultural Mental Health Resource Center <https://www.multiculturalmentalhealth.ca/en/>

NASPA <https://www.naspa.org/>

National Alliance on Mental Illness <https://www.nami.org/>

National Council for Mental Wellbeing <https://www.thenationalcouncil.org/>

National Institute on Drug Abuse <https://www.drugabuse.gov/>

National Institute of Health <https://www.nih.gov/>

**Questions? Contact Dr. Lori Hart | [lhart@holmesmurphy.com](mailto:lhart@holmesmurphy.com)**

# HOLMES MURPHY FRATERNAL PRACTICE 2023- 2024 PREVENTION RESOURCE CALENDAR

## **HOTLINES**

### **998 Suicide and Crisis Lifeline**

Call or text 988

Chat with lifeline: <https://988lifeline.org/chat/>

### **CDC-INFO (National STD and AIDS Hotline)**

1-800-CDC-INFO (1-800-232-4636)

[gettested.cdc.gov](http://gettested.cdc.gov)

### **LGBTQ+ National Help Center**

1-888-843-4564

[lgbthotline.org](http://lgbthotline.org)

### **National Dating Abuse Helpline**

1-866-331-9474

[www.loveisrespect.org/](http://www.loveisrespect.org/) or text LOVEIS to 22522

### **National Domestic Violence Hotline**

1-800-799-7233 or 1-800-787-3224 (TTY)

<https://www.thehotline.org/>

### **National Sexual Assault Hotline**

24-hour online hotline: : [rainn.org/get-help](http://rainn.org/get-help) (online chat service)

1-800-656-HOPE (1-800-656-4673)

### **Safe Helpline (Sexual Assault Support for the DOD Community)**

1-877-995-5247

<https://safehelpline.org/>

### **Substance Abuse and Mental Health Treatment Referral Hotline**

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

### **The Trevor Lifeline (Suicide Prevention for LGBTQ Youth)**

866-4-U-TREVOR (1-866-488-7386)

<https://www.thetrevorproject.org/get-help-now/>

### **Veterans' Suicide Prevention Lifeline**

1-800-273-TALK (1-800-273-8255), press 1

<https://www.veteranscrisisline.net/>