

Holmes Murphy Fraternal Practice

2025-2026 Prevention Resource Calendar



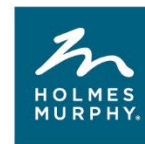
FRATERNAL

SAFEGUARDING TODAY.
SECURING TOMORROW.



Holmes Murphy Fraternal Practice

2025-2026 Prevention Resource Calendar



FRATERNAL

**SAFEGUARDING TODAY.
SECURING TOMORROW.**

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.

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.

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, X, & LinkedIn
@HolmesMurphyFS

**Scan Here to Visit
Our Website!**



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.
- 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.

August 2025

NATIONAL
HAPPINESS
HAPPENS MONTH

PREVENTING
UNDERAGE
DRINKING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8 National Happiness Day	9
10	11	12	13	14	15	16
17	18	19	20	21 National Fentanyl Prevention and Awareness Day	22	23
24	25	26 Women's Equality Day	27 National Just Because Day	28	29	30
31 International Overdose Awareness Day						

June 1 – November 30
HURRICANE SEASON

[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.

**Download the Holmes
Murphy Event Planner App
free from the App Store**

Continued on the next page...

August 2025

August 8

**NATIONAL HAPPINESS HAPPENS
MONTH AND DAY**

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

August 21

**NATIONAL FENTANYL PREVENTION
AND AWARENESS DAY**

August 21st is a coordinated day of response by grassroots fentanyl awareness organizations and families impacted by fentanyl to educate the public about the dangers of illicit fentanyl.

August 26

WOMEN'S EQUALITY DAY

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

August 27

NATIONAL JUST BECAUSE DAY

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

August 31

**INTERNATIONAL OVERDOSE
AWARENESS DAY**

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.

**Scan Here to Visit
Our Website!**



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)



September 2025

SUICIDE PREVENTION
AWARENESS MONTH

NATIONAL
HISPANIC
HERITAGE MONTH

NATIONAL
CAMPUS FIRE
SAFETY MONTH

NATIONAL
RECOVERY MONTH

HUNGER ACTION
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9 Hunger Action Day	10 World Suicide Prevention Day	11	12	13
SUICIDE PREVENTION WEEK						
14	15	16 National Voter Registration Day	17	18	19	World Clean Up Day National Dance Day
21 International Day Of Peace	22	23	24 Women's Health & Fitness Day	25	26	27
NATIONAL HAZING PREVENTION WEEK						
28	29	30	1	2	3	4

National Hazing Prevention Week (NHPW) is a time when communities, institutions, organizations, and individuals make a concerted effort to raise awareness and increase education about hazing.

June 1 – November 30
HURRICANE SEASON

[Hurricane Preparedness](#)

September 10
[SUICIDE PREVENTION
AWARENESS MONTH](#)
[WORLD SUICIDE
PREVENTION DAY](#)

September 7-13
SUICIDE PREVENTION WEEK

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

988 Suicide and Crisis Lifeline
Call 988
988lifeline.org

JED Foundation
Get help now.
Text "START" to 741-741 or
call 1-800-273-TALK (8255)
jedfoundation.org

Continued on the next page...

September 2025

NATIONAL CAMPUS FIRE SAFETY MONTH

Plan a fire drill and test your members' knowledge of how to operate a fire extinguisher.

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.

September 9 HUNGER ACTION DAY HUNGER ACTION MONTH

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?

September 15 to October 15 NATIONAL HISPANIC HERITAGE MONTH

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

September 16 NATIONAL VOTER REGISTRATION DAY

Are you registered to vote?

September 20 NATIONAL DANCE DAY

WORLD CLEAN UP DAY

September 21 INTERNATIONAL DAY OF PEACE

Continued on the next page...

September 2025

September 22-26

**NATIONAL HAZING
PREVENTION WEEK**

National Hazing Prevention Week (NHPW) is a time when communities, institutions, organizations, and individuals make a concerted effort to raise awareness and increase education about hazing. The fundamental objective is to have a specific time in which the entire community is focused on engaging in intentional discussions about the problem of hazing.

September 24

WOMEN'S HEALTH & FITNESS DAY

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.

September Birthdays

September 11

Alpha Tau Omega Fraternity
Founders' Day (1865)

September 19

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

September 29

Hernandez de Sigma Iota
Alpha Founders' Day (1990)

October 2025

BREAST CANCER
AWARENESS
MONTH

NATIONAL DEPRESSION AND MENTAL
HEALTH SCREENING MONTH

POSITIVE ATTITUDE
MONTH

LGBT HISTORY
MONTH

CRIME
PREVENTION
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
Ray Of Hope Walk To End Violence Against Women	6	7	8	9	10	11
MENTAL ILLNESS AWARENESS WEEK						
FIRE PREVENTION WEEK						
Chicago Marathon	13	14	15	16	17	18
World Arthritis Day			Global Handwashing Day		National Mammography Day	
19	20	21	22	23	24	25
26	27	28	29	30	31	1
					Halloween	

June 1 – November 30

HURRICANE SEASON

[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®."

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.

Continued on the next page...

October 2025

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!

October 5

RAY OF HOPE WALK TO END VIOLENCE AGAINST WOMEN

Supported by Omega Phi Beta Sorority, Inc.

October 6-10

NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH

MENTAL ILLNESS AWARENESS WEEK

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

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.

October 5-11

FIRE PREVENTION WEEK

October 12

CHICAGO MARATHON

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

WORLD ARTHRITIS DAY

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

October 15

GLOBAL HANDWASHING DAY

Continued on the next page...

October 2025

October 17

NATIONAL MAMMOGRAPHY DAY

BREAST CANCER
AWARENESS MONTH

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

October 31

HALLOWEEN

Planning Your Party: 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.

Scan Here to Visit
Our Website!



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 24

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

October 29

Alpha Delta Phi Fraternity Founders' Day (1832)

November 2025

NATIONAL NATIVE
AMERICAN
HERITAGE MONTH

MOVEMBER
MEN'S HEALTH
MONTH

NATIONAL
SCHOLARSHIP
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	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	18	19	20 Great American Smoke Out	21	22
NATIONAL ADDICTIONS AWARENESS WEEK						
23	24	25	26	27	28 Random Acts Of Kindness Friday	29
30 Computer Security Day	1	2	3	4	5	6

June 1 – November 30
HURRICANE SEASON

[Hurricane Preparedness](#)

November – February
FREEZE SEASON

[Leave the Heat On Checklist](#)

[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.

Continued on the next page...

November 2025

[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.

[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 Movember, starting with your own.

November 16-22 [NATIONAL ADDICTIONS AWARENESS WEEK](#)

[Free webinars](#) from the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

November 11 [VETERAN'S DAY](#)

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.

November 13 [WORLD KINDNESS DAY](#)

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.

November 20 [GREAT AMERICAN SMOKE OUT](#)

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.

November 28 [RANDOM ACTS OF KINDNESS FRIDAY](#)

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.

November 30 [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)

Continued on the next page...



November Birthdays

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 2025

NATIONAL IMPAIRED DRIVING
PREVENTION MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Eat A Red Apple Day	2	3 International Day of Persons With Disabilities	4 National Cookie Day	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	31	1	2	3

November – February
FREEZE SEASON

[Winter Fact vs. Fiction Checklist](#)

WINTER BREAK

[Winter Break Checklist](#)

[NATIONAL IMPAIRED DRIVING PREVENTION MONTH](#)

Enjoy time with friends and families responsibly as the holiday season approaches. Take action against impaired driving.

Continued on the next page...

December 2025

December 1

EAT A RED APPLE DAY

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!

December 3

**INTERNATIONAL DAY OF PERSONS
WITH DISABILITIES**

"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

December 4

NATIONAL COOKIE DAY

**Scan Here to Visit
Our Website!**



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)

January 2026

NATIONAL VOLUNTEER
BLOOD DONOR MONTH

NATIONAL THANK
YOU MONTH

NATIONAL
MENTORING
MONTH

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

November – February
FREEZE SEASON

[Leave the Heat On Checklist](#)

[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.

**Download the Holmes
Murphy Event Planner App
free from the App Store**

Continued on the next page...

January 2026

NATIONAL THANK YOU MONTH

What can you do to express gratitude this 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.

January 18-24 HEALTHY WEIGHT WEEK

A time to celebrate healthy, diet-free living habits that last a lifetime and prevent eating and weight problems.

January 19 MARTIN LUTHER KING, JR. DAY

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.

Scan Here to Visit
Our Website!



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 2026

INTERNATIONAL BOOST
SELF-ESTEEM MONTH

NPC MONTH OF
THE SCHOLAR

BLACK HISTORY
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 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	25	26	27	28
NATIONAL EATING DISORDERS AWARENESS WEEK						

November – February
FREEZE SEASON

Winter Fact vs. Fiction
Checklist

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 Black Americans have played in shaping US history.

NPC MONTH OF THE SCHOLAR

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

Continued on the next page...

February 2026

INTERNATIONAL BOOST SELF-ESTEEM MONTH

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

February 6 NATIONAL WEAR RED DAY

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

February 17 RANDOM ACTS OF KINDNESS DAY

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.

February 23-27 NATIONAL EATING DISORDERS AWARENESS WEEK

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.

**Scan Here to Visit
Our Website!**



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)

March 2026

WOMEN'S
HISTORY MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NPC International Panhellenic Badge Day	NATIONAL RITUAL CELEBRATION WEEK				7
8	9	10	11	12	13	14 Pi Day
15	16	17	18	19	20 International Day of Happiness	21
NATIONAL DRUG AND ALCOHOL FACTS WEEK						
22	23	24	25	26	27	28
29	30	31	1	2	3	4

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!

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.

Continued on the next page...

March 2026

March 2

**NPC INTERNATIONAL
PANHELLENIC BADGE DAY**

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."

March 2-6

**NATIONAL RITUAL
CELEBRATION WEEK**

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

March 14

PI DAY

March 15-21

**NATIONAL DRUG AND
ALCOHOL FACTS WEEK**

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

March 20

INTERNATIONAL DAY OF HAPPINESS

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.

**Scan Here to Visit
Our Website!**



March Birthdays

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)

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)

April 2026

DISTRACTED
DRIVING
AWARENESS
MONTH

KEEP AMERICA
BEAUTIFUL
MONTH

NATIONAL
ALCOHOL
AWARENESS
MONTH

SEXUAL ASSAULT
AND PREVENTION
AWARENESS
MONTH

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

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.

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.

[samhsa.gov](https://www.samhsa.gov)

niaaa.nih.gov

Continued on the next page...

April 2026

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.

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.

April 9 NATIONAL ALCOHOL SCREENING DAY

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.

April 13-17 NATIONAL STI AWARENESS WEEK

We observe STI 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.

April 19-25 NATIONAL VOLUNTEER WEEK

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.

April 29 DENIM DAY

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

NATIONAL FENTANYL AWARENESS DAY

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

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)

Scan Here to Visit
Our Website!



May 2026

ARTHRITIS
AWARENESS
MONTH

SKIN CANCER
AWARENESS
MONTH

ASIAN-PACIFIC
AMERICAN
HERITAGE MONTH

MENTAL HEALTH
AWARENESS
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
NATIONAL HURRICANE PREPAREDNESS WEEK						
10	11	12	13	14	15	16
NATIONAL PREVENTION WEEK						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6
World No Tobacco Day						

SUMMER BREAK

[Summer Break Checklist](#)

[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.

Continued on the next page...

May 2026

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.

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.

ARTHRITIS AWARENESS MONTH

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

May 3-9 NATIONAL HURRICANE PREPAREDNESS WEEK

May 10-16 NATIONAL PREVENTION WEEK

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

May 31 WORLD NO TOBACCO DAY

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

**Scan Here to Visit
Our Website!**



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)



June 2026

NATIONAL MEN'S
HEALTH MONTH

LGBT PRIDE
MONTH

NATIONAL SAFETY
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 World Blood Donor Day	15	16	17	18	19	20
NATIONAL MEN'S HEALTH WEEK						
21 The Longest Day	22	23	24	25	26	27 National HIV Testing Day
28	29	30	1	2	3	4

June 1 – November 30
HURRICANE SEASON

[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.

Continued on the next page...

June 2026

LGTB 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.

June 14

WORLD BLOOD DONOR DAY

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

June 15-21

NATIONAL MEN'S HEALTH WEEK AND MONTH

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

June 21

THE LONGEST DAY

The Longest Day is about love for all those affected by Alzheimer's disease. On the Summer Solstice, people across the world join in to do an activity they love or an activity loved by those affected.

June 27

NATIONAL HIV TESTING DAY

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.

**Scan Here to Visit
Our Website!**



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)



July 2026

SOCIAL WELLNESS
MONTH

JUVENILE ARTHRITIS
AWARENESS MONTH

UV SAFETY
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4 Independence Day
5	6	7	8	9	10	11
NATIONAL MARIJUANA FACTS WEEK						
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

June 1 – November 30
HURRICANE SEASON

[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.

JUVENILE ARTHRITIS AWARENESS MONTH

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

Continued on the next page...

July 2026

SOCIAL WELLNESS MONTH

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

July 4

INDEPENDENCE DAY

Fireworks Safety

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.

July 4-10

NATIONAL MARIJUANA FACTS WEEK

Download the Marijuana/Cannabis Fact Sheet to learn about the drug's history, street names, effects on the mind and body, and more.

July 20

NATIONAL LOLLIPOP DAY

July 30

INTERNATIONAL DAY OF FRIENDSHIP

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.

July Birthdays

July 30

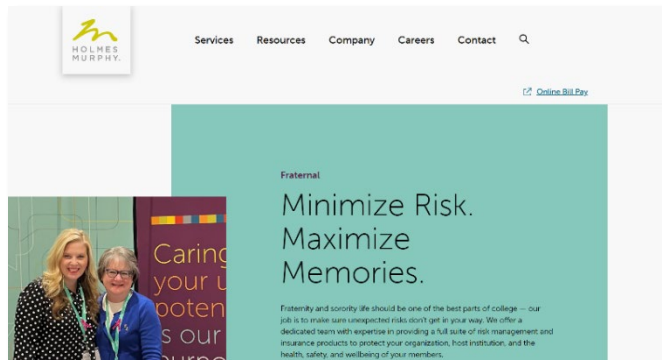
Phi Sigma Phi Fraternity Founders' Day (1988)

More Resources

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



Other Useful Resources:

American Counseling Association | counseling.org

Center for Disease Control | cdc.gov

Gallup | gallup.com

Higher Education Center | hecaod.osu.edu

Higher Education Research Institute | heri.ucla.edu

Monitoring the Future | monitoringthefuture.org

Multi-Cultural Mental Health Resource Center
multiculturalmentalhealth.ca

NASPA | naspa.org

National Alliance on Mental Illness | nami.org

National Council for Mental Wellbeing | thenationalcouncil.org

National Institute on Drug Abuse | drugabuse.gov

National Institute of Health | nih.gov

Hotlines

988 Suicide and Crisis Lifeline

Call or text 988

TTY: dial 711 then 988

Chat with lifeline:

988lifeline.org/chat/

CDC-INFO

(National STD and AIDS Hotline)

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

gettested.cdc.gov

LGBTQ+ National Help Center

1-888-843-4564

lgbthotline.org

National Dating Abuse Helpline

1-866-331-9474

loveisrespect.org/

or text LOVEIS to 22522

National Domestic Violence Hotline

1-800-799-7233 or

1-800-787-3224 (TTY)

thehotline.org

National Sexual Assault Hotline.

24-hour online hotline:

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

safehelpline.org

Substance Abuse and Mental Health Treatment Referral Hotline

1-800-662-HELP (4357)

samhsa.gov/find-help/national-helpline

The Trevor Lifeline (Suicide Prevention for LGBTQ Youth)

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

thetrevorproject.org/get-help-now/

Text START to 678678

Veterans' Suicide Prevention Lifeline

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

veteranscrisisline.net



FRATERNAL

SAFEGUARDING TODAY.
SECURING TOMORROW.

Thank You.