



## ***January:***

January — National Human Trafficking Awareness Month  
January — National Stalking Awareness Month

January (2nd Sunday Week) — Letter Writing Week

January 11 — National Human Trafficking Awareness Day  
January 31 — National Inspire Your Heart with Art Day

## ***February:***

February — National Self-Check Month  
February — National Heart Month  
February — Teen Dating Violence Awareness Month

February 3 — National Missing Persons Day  
February 15 — Singles Awareness Day

## ***March:***

March — National Women's History Month  
March — National Social Work Month

March 8 Week — No More Week (No More Domestic Violence)  
March 8 Week — International Women's Week  
March First Full Week — National Words Matter Week (Using Kind Words)

March 1 — Self Injury Awareness Day  
March 2 — World Teen Mental Wellness Day  
March 3 — National I Want You To Be Happy Day  
March 7 — National Be Heard Day  
March 8 — International Women's Day  
March 9 — National Get Over It Day  
March 14 — Write Down Your Story Day  
March 15 — World Social Work Day  
March 21 — National Single Parent Day  
March 30 — National I Am In Control Day

## ***April:***

April — Child Abuse Awareness Month  
April — National Couple Appreciation Month  
April — Sexual Assault Awareness Month

April 1-24 — National Crime Victims Right's Week

April 2 — National Love Our Children Day  
April First Tuesday — SAAM Day of Action  
April 6 — Childhelp National Day of Hope  
April 7 — National Girl Me Too Day  
April 12 — National Education and Sharing Day  
April 14 — National Ex-Spouse Day  
April 14 — National Reach As High As You Can Day  
April 22 — National Day of Silence (Protest Bullying & Harassment LGBTQA+)  
April 27 — National Denim Day  
April 30 — National Honesty Day

## ***May:***

May — National Mental Health Awareness Month

May 1 — National Loyalty Day  
May 5 — Silence the Shame Day  
May 12 — National Fibromyalgia Awareness Day (Studies Find Related to Childhood Sexual Abuse)  
May 22 — International Being You Day  
May 31 — National Smile Day

## ***June:***

June — Pride Month  
June — PTSD Awareness Month

June First Saturday Week — Clothesline Week  
June First Full Week — Community Health Improvement Week  
June Week Ends On Fathers Day — Men's Health Week

June 1 — Say Something Nice Day  
June 11 — Making Life Beautiful Day  
June 12 — National Loving Day  
June 27 — National PTSD Awareness Day

## ***July:***

July 3 — Compliment Your Mirror Day (Use Mirror work)  
July 27 — National Love Is Kind Day  
July 30 — National Whistleblower Day

## ***August:***

August — National Happiness Happens Month  
August — National Wellness Month  
August — Romance Awareness Month

August First Week — Simplify Your Life Week  
August Second Week — National Resurrect Romance Week  
August Last Week — Be Kind to Humankind Week

August 1 — National Girlfriends Day  
August 2 — National Night Out  
August 8 — National Happiness Happens Day  
August 17 — National Nonprofit Day  
August 28 — National Thoughtful Day  
August 30 — Grief Awareness Day

## ***September:***

September — National Recovery Month  
September — National Self-Care Awareness Month  
September — National Suicide Awareness Month  
September — Self Improvement Month

September Second Full Week — National Suicide Prevention Week  
September Third Full Week — National Singles Week

September 12 — National Day of Encouragement  
September 14 — National Sober Day  
September 22 — National Online Recovery Day  
September 22 — American Business Women's Day  
September 22 — National Girls' Night  
September 23 — National Teal Talk Day  
September 23 — National BRAVE Day (Women Lifting Each Other Up, Healing)  
September 26 — National Situational Awareness Day  
September 27 — National Day of Forgiveness  
September 28 — National Women's Health and Fitness Day  
September 30 — National Love People Day

## ***October:***

October — Breast Cancer Awareness Month (Tied Closely to Experiencing Abuse)  
October — Emotional Intelligence Awareness Month  
October — Emotional Wellness Month  
October — LGBTQ History Month  
October — National Domestic Violence Awareness Month  
October — National Family Sexuality Month  
October — Women's Small Business Month  
October — Positive Attitude Month

October First Week — Mental Illness Awareness Week  
October Second Full Week — Healthcare Security and Safety Week (Nursing Programs)

October 3 — National Boyfriends Day  
October 3 — National GOE Day - Growth Overcome Empower (Abuse Awareness)  
October 5 — National Do Something Nice Day  
October 10 — World Mental Health Day  
October Fourth Saturday — National Make A Difference Day (Nonprofit Fundraiser)

## ***November:***

November — Family Stories Month  
November — National Gratitude Month  
November — National Inspirational Role Models Month  
November — National Life Writing Month (Writing Program)

November Week of 13 — World Kindness Week  
November Week of Thanksgiving — Better Conversation Week

November 1 — National Authors Day  
November 3 — National Housewife's Day (Homemakers returning to school)  
November 13 — World Kindness Day  
November 16 — National Philanthropy Day  
November Tuesday After Thanksgiving — National Day of Giving

## ***December:***

December — Universal Human Rights Month