

2019 Well-being Calendar

Life events



10
October



- National Health Education Week
October 21-25th
- World Mental Health Day
October 9th
- National Bullying Prevention Month

Life events and our mental health

Significant life events can bring unique stressors. Whether it's the death of a loved one or birth of a child, adjustment to new circumstances can be the hardest part. Your family and friends are a great support system that can help guide you through the process.

Monthly webinars

- [Bullying](#)
October 4th at 2-2:30 PM EST
- [Children and Divorce](#)
October 18th at 2-2:30 PM EST

11
November



- Universal Children's Day
November 21st
- World Diabetes Day
November 14th

Holiday budget planning

The holiday season is right around the corner. To avoid starting January in the red, create a realistic budget and stick to it. Remember: the holidays aren't about what you buy, but about spending quality time with loved ones.

- [Dealing with Changes: Families](#)
November 1st at 2-2:30 PM EST
- [Grief, Dying and Death](#)
November 15th at 2-2:30 PM EST

12
December



- International Volunteer Day
December 5th
- International Human Rights Day
December 10th

Give back this holiday season

Volunteering benefits everyone, including the volunteers themselves. Take some time out of your busy holiday schedule and give back to your community. Helping people with various life experiences will not only help your mental well-being, but will also help you develop a more inclusive world view.

- [Parenting Your Teen: Managing Conflict and Problem Solving](#)
December 6th at 2-2:30 PM EST

