

S M T W T F S



TeenHelp

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“Personal growth is not a matter of learning new information but of unlearning old limits.”

ALAN COHEN

SEPTEMBER 2020



		1 SUICIDE PREVENTION MONTH	2 WORLD COCONUT DAY	3 QUESTION YOUR ASSUMPTIONS	4 NATIONAL WILDLIFE DAY	5 TAKE A WALK IN THE MORNING OR EVENING
6 MIGRAINE AWARENESS WEEK	7 KNOW YOUR NUMBERS! WEEK	8 FIND A NEW OUTLET YOU ENJOY	9 TRY NOTING AND CHANGING YOUR BODY LANGUAGE	10 WORLD SUICIDE PREVENTION DAY	11 DO RESEARCH AND LEARN ABOUT SOMETHING THAT INTERESTS YOU	12 NATIONAL VIDEO GAMES DAY
13 NEWSLETTER RELEASE	14 SEXUAL HEALTH WEEK	15 TALK TO AN ELDERLY NEIGHBOUR AND LEARN SOMETHING FROM THEM	16 ASK HOW OTHERS SEE YOU. HOW DO YOU FEEL ABOUT THEIR PERCEPTIONS?	17 WATCH A DOCUMENTARY	18 STOP AND CONSIDER YOUR REAL-TIME REACTIONS TO THINGS	19 NATIONAL DANCE DAY
20 TAKE A FREE CLASS ONLINE	21 RECYCLE WEEK	22 WORLD CAR FREE DAY	23 TRY A FOOD YOU PREVIOUSLY DIDN'T ENJOY. DOES IT TASTE ANY BETTER NOW?	24 LEARN TO MEDITATE AND SPEND 10 MINUTES MEDITATING	25 NATIONAL DOODLE DAY	26 BETTER BREAKFAST DAY
27 NEWSLETTER RELEASE	28 VISUALIZE AND DRAW THINGS ABOUT YOU INSTEAD OF WRITING THEM	29 WORLD HEART DAY	30 CREATE A BUCKET LIST			