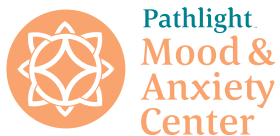
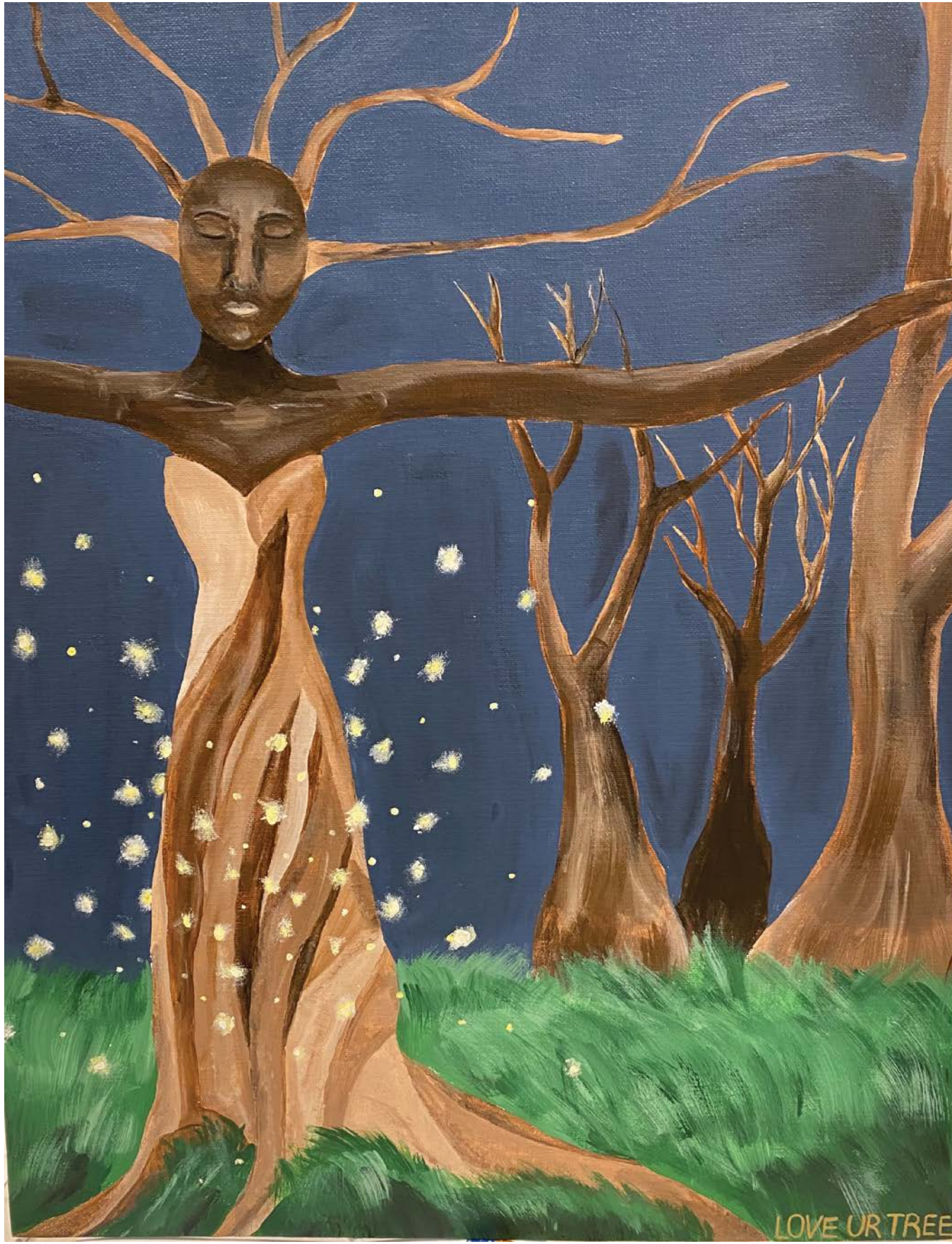


2022

CALENDAR



Love Your Tree



"Like a tree...I shine in the darkness."

Ellie W., *Our Trees Shine*, Age Category: 15-18

National Mentoring Month
Poverty in America Awareness Month

2022

JANUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--|---------------------------------------|-----------------------------------|--|-----------------------------|---------------------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 New Year's Day |
| 2 | 3 | 4 World Braille Day | 5 George Washington Carver Day | 6 Epiphany Start of Carnival Season | 7 Orthodox Christmas Day | 8 |
| 9 | 10 Bodhi Day (Lunar Calendar) | 11 | 12 | 13 | 14 | 15 |
| 16 World Religion Day | 17 Martin Luther King Jr. Day Civil Rights Day | 18 Mahayana (Buddhist) New Year | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | International Holocaust Remembrance Day | | |



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"Like a tree...my body is **UNIQUE** and my heart breaks free of the images in the media."

Leeza F., *Untitled*, Age Category: 15-18

Black History Month
Body Awareness Month

2022

FEBRUARY

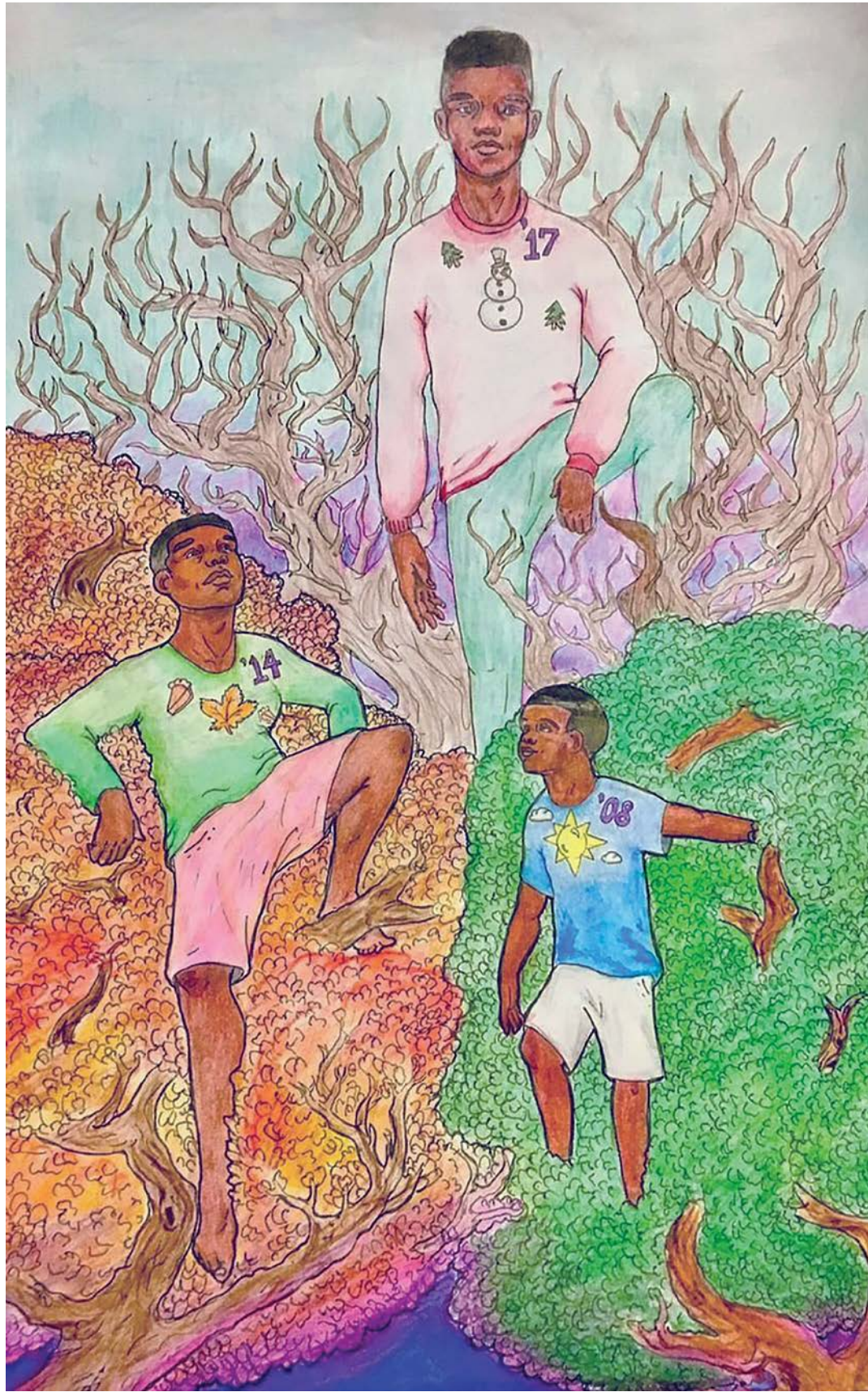
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--------------------|------------------------------------|---|--------------------------|
| 30 | 31 | 1 Lunar New Year (Chinese Lunisolar Calendar) Chinese Spring Festival National Freedom Day Imbolc (February 1-2) | 2 Groundhog Day | 3 National Women Physicians Day | 4 Rosa Parks' Birthday | 5 |
| 6 | 7 National School Counseling Week (February 7-11) | 8 | 9 | 10 | 11 National Make a Friend Day | 12 |
| 13 Black Love Day | 14 Valentine's Day Frederick Douglass' Birthday | 15 Susan B. Anthony Day Nirvana Day | 16 | 17 | 18 National Caregivers Day | 19 Day of Remembrance |
| 20 National Love Your Pet Day World Day of Social Justice | 21 Presidents Day Love Your Body Week (February 21-25) National Eating Disorders Awareness Week (February 21-27) | 22 | 23 | 24 | 25 Not One More Weekend, National Alliance for Eating Disorders Awareness (February 25-27) | 26 |
| 27 | 28 | 1 | 2 | 3 | 4 | 5 |



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"Like a tree...I am always growing and changing."

Agyeman N., *Change Over Time*
Age Category: 11-14

Developmental Disabilities Awareness Month
Ethnic Equality Month
Gender Equality Month
National Nutrition Month

National Social Work Month
National Women's History Month
Youth Art Month

2022

MARCH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|----------------------------|
| 27 | 28 | 1 Mardi Gras Zero Discrimination Day Self-Injury Awareness Day | 2 Ash Wednesday National Read Across America Day | 3 | 4 Employee Appreciation Day | 5 |
| 6 | 7 | 8 International Women's Day | 9 National Registered Dietitian Nutritionist Day | 10 Harriet Tubman Day | 11 World Day of Muslim Culture, Peace, Dialogue and Film | 12 |
| 13 Daylight Savings Time Begins National Sleep Awareness Week (March 13-19) | 14 Healthcare HR Professionals Week (March 14-18) Sikh New Year (Nanakshahi Calendar) | 15 | 16 Purim (March 16-17) | 17 St. Patrick's Day Holi (Festival of Colors) (March 17-18) | 18 | 19 Certified Nurses Day |
| 20 National Cherry Blossom Festival (March 20-April 17) Bahá'í Naw-Rúz (New Year) (March 20-21) Spring Equinox | 21 International Day for the Elimination of Racial Discrimination National LGBT Health Awareness Week (March 21-25) World Poetry Day International Day of Nowruz | 22 | 23 | 24 | 25 International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade | 26 |
| 27 | 28 | 29 | 30 World Bipolar Day National Doctors' Day | 31 International Transgender Day of Visibility Cesar Chavez Day | 1 | 2 |



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February 2022

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April 2022

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"Like a tree...my body is graceful."

Anna G., My Body Is Graceful, Age Category: 11-14

2022
APRIL

Arab Heritage Month
Autism Awareness Month
Celebrate Diversity Month
Genocide Awareness and Prevention Month

National Alcohol Awareness Month
National Child Abuse Prevention Month
National Poetry Month
National Volunteer Month

Occupational Therapy Month
Sexual Assault Awareness Month
Stress Awareness Month

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------|------------------------------|---|--|---|--|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 World Autism Awareness Day Equal Pay Day |
| 3 Ramadan (April 3-May 2) | 4 | 5 | 6 | 7 International Day of Reflection on the Genocide in Rwanda World Health Day | 8 | 9 |
| 10 Palm Sunday National Youth HIV/AIDS Awareness Day | 11 National Pet Day | 12 | 13 | 14 Vaisakhi (Harvest Festival and Sikh and Hindu Solar New Year) | 15 Good Friday Passover (April 15-23) Jackie Robinson Day | 16 Theravada (Buddhist) New Year |
| 17 Easter | 18 | 19 | 20 | 21 First Day of Ridvan National High Five Day | 22 Earth Day GLSEN Day of Silence | 23 |
| 24 Orthodox Easter | 25 | 26 Lesbian Visibility Day | 27 Yom HaShoah (April 27-28) Administrative Professionals Day | 28 Gathering of Nations (April 28-30) | 29 Arbor Day Laylat al-Qadr Ninth Day of Ridvan New Orleans Jazz and Heritage Festival (April 29-May 8) | 30 International Jazz Day |



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March 2022

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May 2022

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| 29 | 30 | 31 | | | | |



"Like a tree...my body blossoms beauty."

Lisa L., Natural Beauty, Age Category: 15-18

Foster Youth Awareness Month
Jewish American Heritage Month
Mental Health Awareness Month

National Asian American and Pacific Islander Heritage Month
National Nurses Month
Older Americans Month

2022

MAY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------|--|------------------|--------------------------------|---|---|
| 1 International Family Equality Day May Day (International Workers' Day) Children's Mental Health Awareness Week (May 1-7) Teacher Appreciation Week (May 1-7) | 2 | 3 Eid al-Fitr | 4 | 5 Cinco de Mayo | 6 National Nurses Day National Nurses Week (May 6-12) International No Diet Day Military Spouse Day | 7 |
| 8 Mother's Day National Hospital Week (May 8-14) National Women's Health Week (May 8-14) | 9 | 10 ERC and Pathlight Recovery Day | 11 | 12 International Nurses Day | 13 | 14 |
| 15 | 16 Vesak Day (Buddha Day) | 17 International Day Against Homophobia, Transphobia and Biphobia | 18 | 19 Agender Pride Day | 20 | 21 Armed Forces Day World Day for Cultural Diversity for Dialogue and Development |
| 22 | 23 | 24 | 25 Africa Day | 26 | 27 | 28 |
| 29 | 30 Memorial Day | 31 Tulsa Race Massacre Remembrance Day | 1 | 2 | 3 | 4 |



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April 2022

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June 2022

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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |



"Like a tree...my body is renewed."

Kiley B., *Untitled*, Age Category: 15-18

Black Music Appreciation Month
Men's Health Month

Pride Month
PTSD Awareness Month

2022

JUNE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|-----------|---|--------|--------------------------|
| 29 | 30 | 31 | 1 | 2 World Eating Disorders Action Day | 3 | 4 Shavuot (June 4-6) |
| 5 World Environment Day QTBIPOC Pride Week (June 5-11) | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 National Loving Day Pulse Night of Remembrance Anne Frank Day | 13 Men's Health Week (June 13-19) | 14 | 15 | 16 National Career Nurse Assistants Day National Nursing Assistants Week (June 16-22) | 17 | 18 Autistic Pride Day |
| 19 Father's Day Juneteenth | 20 World Refugee Day | 21 Summer Solstice International Yoga Day | 22 | 23 | 24 | 25 |
| 26 | 27 PTSD Awareness Day Helen Keller Day | 28 Stonewall Riots Anniversary | 29 | 30 | 1 | 2 |



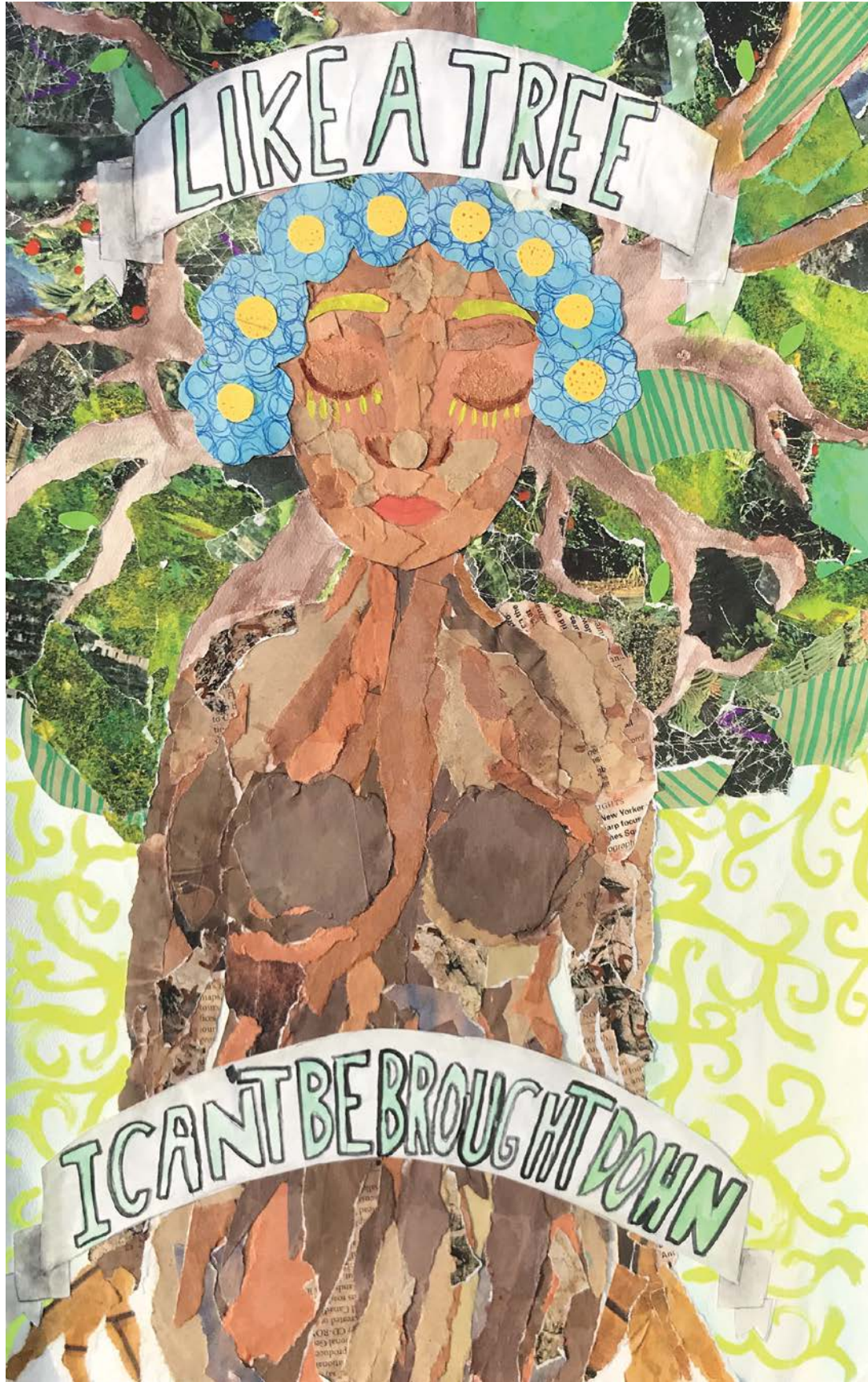
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May 2022

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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

July 2022

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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |



"Like a tree...I can't be brought down."

Lily D., Love Your Tree
Age Category: 11-14

BIPOC Mental Health Awareness Month

2022

JULY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---|--|-----------|--|-----------------|--|
| 27 | 28 | 29 | 30 | 31 | 1 Canada Day | 2 |
| 3 | 4 Independence Day | 5 | 6 | 7 | 8 | 9 |
| 10 Eid al-Adha | 11 | 12 International Malala Day | 13 | 14 Bastille Day International Non-Binary People's Day | 15 | 16 International Drag Day |
| 17 | 18 International Nelson Mandela Day | 19 | 20 | 21 | 22 | 23 |
| 24 Pioneer Day | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | National Disability Independence Day (ADA Day) | | | | Islamic New Year International Day of Friendship |



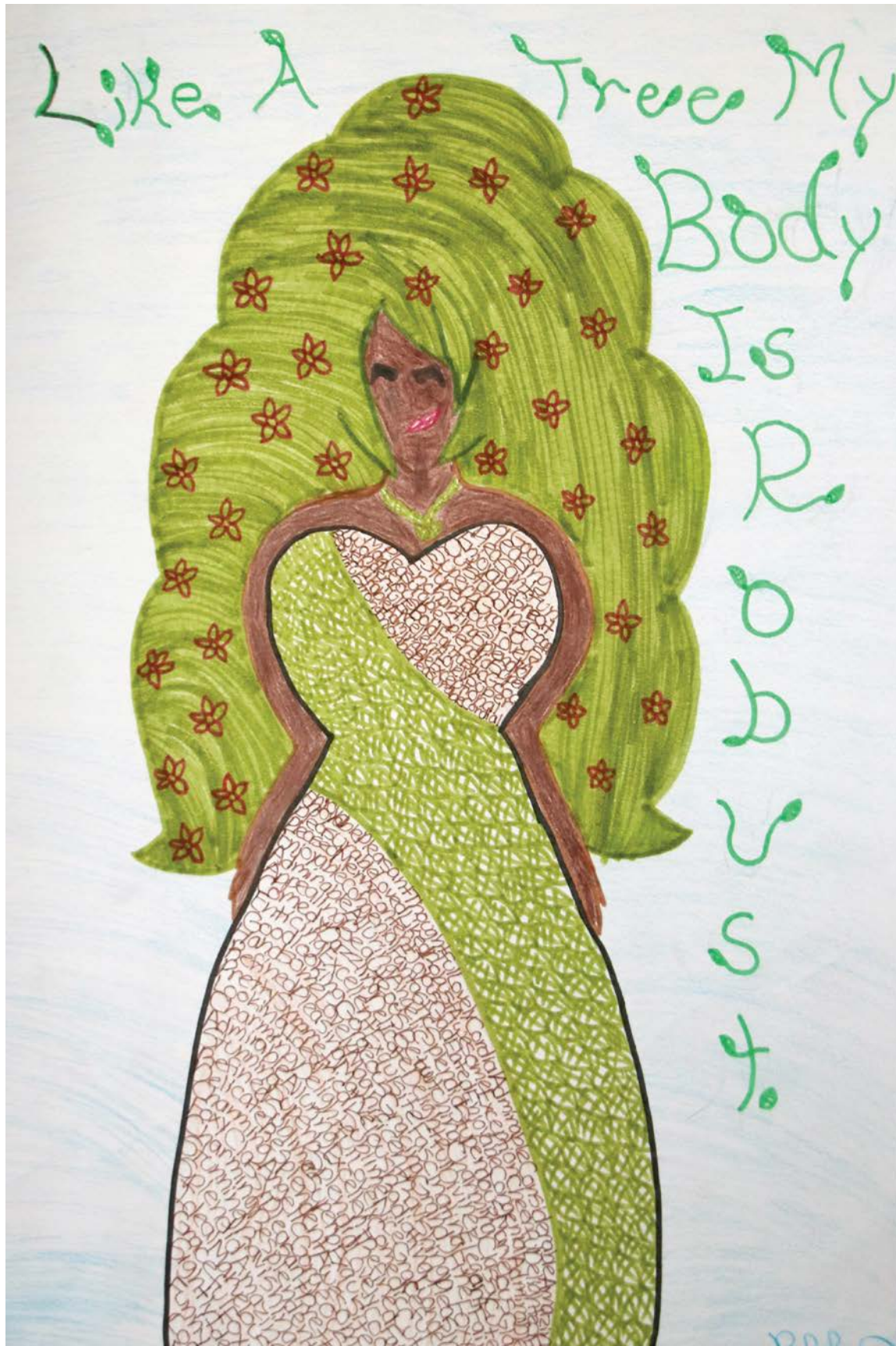
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June 2022

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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

August 2022

| | | | | | | |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |



"Like a tree...my body is robust."

Rachel Leah W., Robust Tree
Age Category: 11-14

American Artist Appreciation Month
National Civility Month
National Wellness Month

2022

AUGUST

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|--------|--|-----------|----------|------------------------------|-------------------------------------|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 Purple Heart Day | 8 | 9 International Day of the World's Indigenous Peoples | 10 | 11 | 12 | 13 International Leftlanders Day |
| 14 | 15 | 16 | 17 | 18 | 19 World Humanitarian Day | 20 Isese Day |
| 21 Senior Citizens Day | 22 | 23 | 24 | 25 | 26 Women's Equality Day | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |



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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



"Like a tree...our differences make us beautiful."

Liz L., Diversity, Age Category: 15-18

National Recovery Month
National Suicide Prevention Month
Self-Care Awareness Month

Sexual Health Month
Hispanic Heritage Month (September 15-October 15)

2022

SEPTEMBER

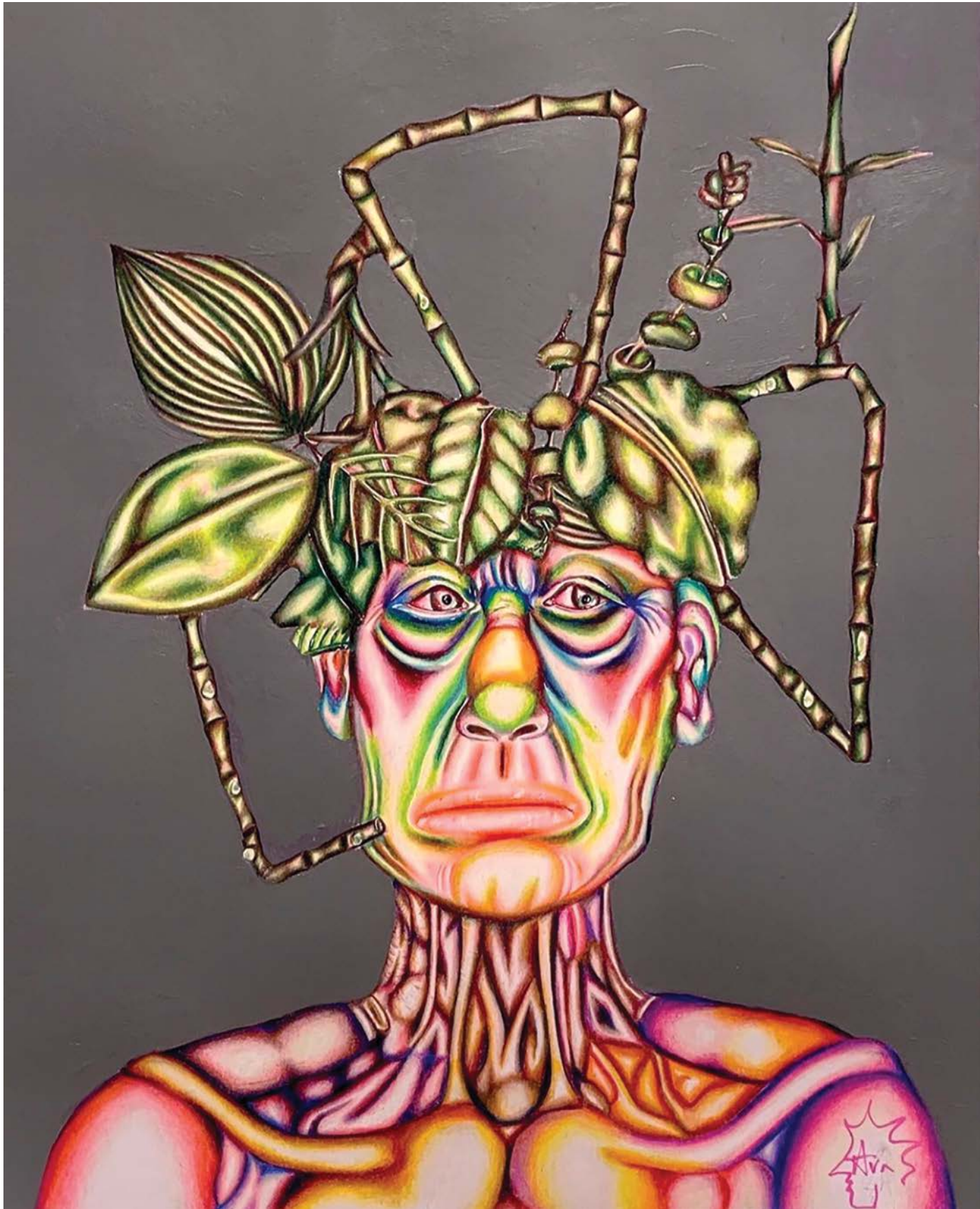
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------|---------|----------------------------|---|--|---|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| | | | | Ecclesiastical New Year | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| National Suicide Prevention Week (September 4-10) | Labor Day | | | | | World Suicide Prevention Day |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Grandparents Day Patriot Day | | | | Eating Recovery & Pathlight Foundation Conference (September 15-17) | National POW/MIA Recognition Day Mexican Independence Day | Bisexual Awareness Week (September 17-24) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | International Day of Peace | Autumn Equinox | Celebrate Bisexuality Day | |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| Rosh Hashanah (Jewish New Year) (September 25-27) Gold Star Mother's and Family Day | | | | | | |



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| August 2022 | | | | | | |
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| October 2022 | | | | | | |
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| 30 | 31 | | | | | |



"Like a tree...there is no limit to our growth."

Ava A., Untitled, Age Category: 15-18

Emotional Wellness Month
Islamic Heritage Month
LGBTQ History Month
National Book Month

National Bullying Prevention Month
National Depression Education
and Awareness Month

National Disability Employment Awareness Month
National Domestic Violence Awareness Month
National Physical Therapy Month

2022

OCTOBER

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--------------------------|----------------------------|-----------------------------------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Mental Illness Awareness Week (October 2-8) International Day of Non-Violence Gandhi's Birthday | | Yom Kippur (October 4-5) | | National Depression Screening Day | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Sukkot (October 9-16) National Case Manager Week (October 9-15) | Columbus Day Indigenous Peoples Day World Mental Health Day Canadian Thanksgiving | World Coming Out Day | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Shemini Atzeret (October 16-18) | Simchat Torah (October 17-18) Black Poetry Day | | International Pronouns Day | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Diwali Bandi Chhor Divas | | | | | |
| 30 | 31 | | | | | |
| National Dashiki Day | Halloween Body Acceptance Week Samhain | | | | | |



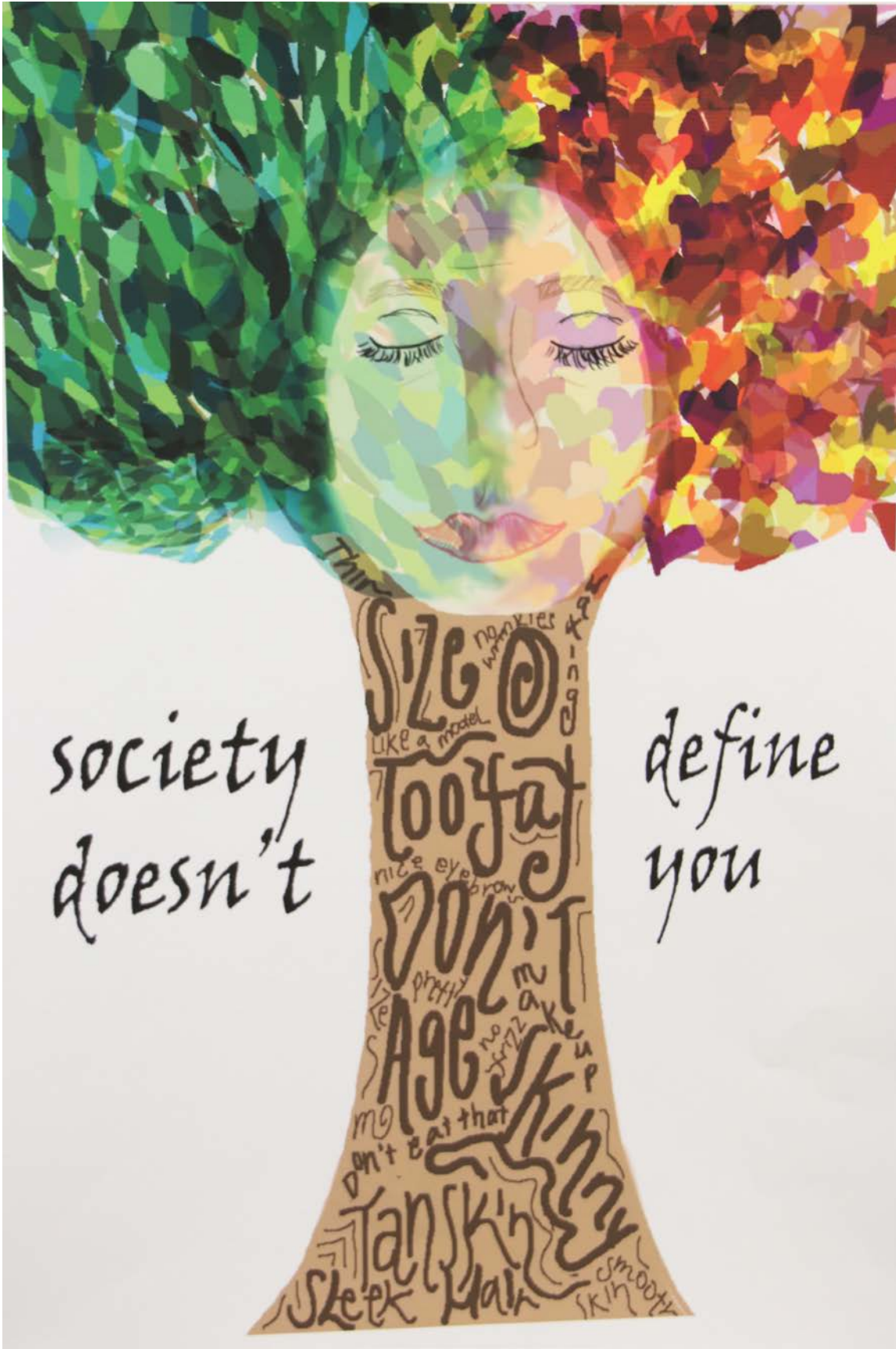
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September 2022

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November 2022

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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |



"Like a tree...I am not defined by society."

Kathleen R., Society Can't Define Me
Age Category: 15-18

Movember
National Family Caregivers Month
National Gratitude Month
National Novel Writing Month

National Homeless Youth Awareness Month
National Native American Heritage Month
Trans Awareness Month

2022

NOVEMBER

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------------------------------------|------------------------------------|--------------------------------|------------------------------------|-------------------------------|
| 30 | 31 Halloween Body Acceptance Week (October 31–November 4) Samhain (October 31–November 1) | 1 Día de Muertos (November 1–2) | 2 National Stress Awareness Day | 3 | 4 | 5 |
| 6 Daylight Savings Time Ends TransParent Day | 7 | 8 U.S. Election Day | 9 World Freedom Day | 10 | 11 Veterans Day | 12 |
| 13 World Kindness Day National Nurse Practitioner Week (November 13–19) | 14 | 15 | 16 | 17 National Take a Hike Day | 18 | 19 International Men's Day |
| 20 Transgender Day of Remembrance | 21 | 22 | 23 | 24 Thanksgiving Day | 25 Native American Heritage Day | 26 |
| 27 Advent (November 27–December 24) | 28 | 29 Giving Tuesday | 30 | 1 | 2 | 3 |



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October 2022

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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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December 2022

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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |



"Like a tree...I am part of a community."

Kate C., Stronger Together, Age Category: Adult

HIV/AIDS Awareness Month
 Universal Human Rights Month

2022

DECEMBER

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|---------------------------------------|---------|-----------------------------------|--------------------------------------|--------|---|
| 28 | 29 | 30 | 31 | 1 World AIDS Day | 2 | 3 International Day of Persons with Disabilities |
| 4 | 5 International Volunteer Day | 6 | 7 Pearl Harbor Remembrance Day | 8 Bodhi Day (Western Calendar) | 9 | 10 International Human Rights Day |
| 11 | 12 | 13 | 14 | 15 | | 17 |
| 18 Hanukkah (December 18-26) | 19 | 20 | 21 Winter Solstice Yule | 22 | 23 | 24 Christmas Eve |
| 25 Christmas | 26 Kwanzaa (December 26-January 1) | 27 | 28 | 29 Wounded Knee Day of Reflection | 30 | 31 New Year's Eve |



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| November 2022 | | | | | | | January 2023 | | | | | | |
|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 27 | 28 | 29 | 30 | | | | 29 | 30 | 31 | | | | |

2023

BRANCHES

| JANUARY | | | | | | | FEBRUARY | | | | | | | MARCH | | | | | | |
|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-------|----|----|----|----|----|----|
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 29 | 30 | 31 | 26 | 27 | 28 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | | | | |

| APRIL | | | | | | | MAY | | | | | | | JUNE | | | | | | |
|-------|----|----|----|----|----|----|-----|----|----|----|----|----|----|------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | | 1 | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 15 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | 25 | 26 | 27 | 28 | 29 | 30 | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | |

| JULY | | | | | | | AUGUST | | | | | | | SEPTEMBER | | | | | | | |
|------|----|----|----|----|----|----|--------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|---|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | |
| | | | | | | 1 | | | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | |
| 3 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | 31 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | |
| 30 | 31 | | | | | | | | | | | | | | | | | | | | |

| OCTOBER | | | | | | | NOVEMBER | | | | | | | DECEMBER | | | | | | |
|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | | | | | | 1 | 2 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 29 | 30 | 31 | 26 | 27 | 28 | 29 | 30 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | |
| | | | | | | | | | | | | | 31 | | | | | | | |

We attempted to provide an inclusive calendar representative of holidays and observances from different cultures, faiths and communities. We recognize it may not be comprehensive. If you have a recommendation for a holiday or observance that is not listed, please email LoveYourTree@ERCPATHLIGHT.COM, and we will include it in future editions.

Please note:
 • Jewish holy days usually begin at sundown of the first day indicated. Muslim holy days usually begin at sundown the day prior to the date indicated.
 • Local or regional customs may use a variation of the dates indicated.

Love Your Tree

Cultivating Compassion Through Art

Like trees in a forest, we are strong. We are resilient. We are all unique, and we are interconnected. *Love Your Tree* is a creative arts program that focuses on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.

Program participants not only express themselves artistically but also explore various creative mediums that reflect the natural and healthy diversity in our world.

WHO CAN PARTICIPATE?

Anyone and everyone. You can choose to participate as an individual, as a therapist, or you can host an event for your class or organization. *Love Your Tree* is a great way for individuals, families, colleges, clinicians, social organizations and/or professional groups to get creative together while promoting positive mental well-being.

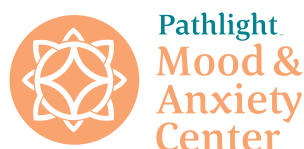
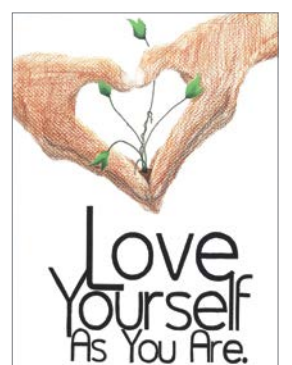
GETTING INVOLVED IS EASY

Step 1: Download the Program Pack at LoveYourTree.org.

Step 2: Use the information and guided activities to create an original piece of creative art based on one (or all) of the Branches of Hope. Remember, artwork is a broad term that includes ANY application of your creativity and imagination. **Entries may include art in all its forms including but not limited to paintings, drawings, photographs, songs, poems, collages and more!**

Step 3: Submit your entry at LoveYourTree.org and your artwork will be added to the national virtual art gallery. Share your finished art on social media and tag us with [@EatingRecovery](https://www.instagram.com/EatingRecovery) [@PathlightBH](https://www.instagram.com/PathlightBH) [#LoveYourTree](https://www.instagram.com/LoveYourTree)

Or, contact us regarding how to lead a *Love Your Tree* workshop for your patients, students or community members. To find out more, email us at LoveYourTree@ERCPATHLIGHT.COM, visit us at LoveYourTree.org or scan the [QR code](#) to watch the video.



EatingRecovery.com | PathlightBH.com

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One-Step Referral Process

–Phone, Fax or Online:

Phone: 1-877-825-8584

Fax: 425-974-1530

EatingRecovery.com

PathlightBH.com

Most commercial insurance accepted



7351 E. Lowry Blvd, Ste 200
Denver, CO 80230

National Behavioral Health Care System Offering Treatment in 28 States



Eating Recovery Center specializes in treating patients and their families who struggle with eating disorders and co-occurring conditions.



Pathlight Mood & Anxiety Center provides expert treatment for patients and their families who struggle with mood and anxiety disorders, trauma-related disorders and co-occurring substance use disorders.

