

Communication Calendar

| | | | |
|--|---|--|---|
| <p>January</p> <p>Life Lines Introduction to CBT What is Cognitive Behavioural Therapy and could it help you?</p> <p>Social Media Campaigns Non-Smoking Week</p> | <p>February</p> <p>Life Lines Burnout: What is it and How to Cope Understanding what burnout is, why it's caused, and how to cope with it.</p> <p>Social Media Campaigns Psychology Month Recreation Therapy Month Anti-Bullying Day</p> | <p>March</p> <p>Life Lines Women's Mental Health Common mental health concerns for women and how to help.</p> <p>Social Media Campaigns Brain Health Awareness Month Music Therapy Awareness Month International Day for the Elimination of Racial Discrimination</p> | <p>April</p> <p>Life Lines When you Fear the Unknown; Life After a Pandemic How we have been learning to deal with the uncertainty and unknown of a post-pandemic world.</p> <p>Social Media Campaigns Stress Awareness Month World Health Day</p> |
| <p>May</p> <p>Life Lines Coping With Childhood Trauma From Past Abuse and Neglect Ways to heal from childhood trauma and different treatment options.</p> <p>Social Media Campaigns Mental Health Week National Child and Youth Mental Health Day National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG)</p> | <p>June</p> <p>Life Lines Intersection of Sexual Identity and Mental Health Importance of taking an intersectional approach to sexual identity and mental health.</p> <p>Social Media Campaigns Pride Month Men's Mental Health Week PTSD Awareness Day National Indigenous Peoples Day Action Anxiety Day</p> | <p>July</p> <p>Life Lines How to Be an Ally Actions you can take to be a better ally.</p> <p>Social Media Campaigns Disability Pride Month International Self-Care Day</p> | <p>August</p> <p>Life Lines Trauma Informed Care What is trauma informed care and its importance.</p> <p>Social Media Campaigns World Humanitarian Day International Overdose Awareness Day National Relaxation Day</p> |
| <p>September</p> <p>Life Lines Return to School Back to school stressors for children and parents and how to work through them.</p> <p>Social Media Campaigns National Recovery Month World Alzheimer's Month World Suicide Prevention Day National Day for Truth and Reconciliation Orange Shirt Day</p> | <p>October</p> <p>Life Lines Compassion Fatigue (Frontline Workers) What is compassion fatigue and symptoms to look for.</p> <p>Social Media Campaigns Mental Illness Awareness Week World Mental Health Day Occupational Therapy Month</p> | <p>November</p> <p>Life Lines Men's Mental Health Common men's mental health concerns and how to improve support.</p> <p>Social Media Campaigns National Stress Awareness Day National Addictions Awareness Week</p> | <p>December</p> <p>Life Lines Setting Boundaries How to create healthy boundaries during the holidays with friends and family.</p> <p>Social Media Campaigns Human Rights Day</p> |
| <p>Q1</p> <p>Vitality Thriving in Hybrid Work Environments</p> | <p>Q2</p> <p>Vitality Immigrant Employees Settling in Canada</p> | <p>Q3</p> <p>Vitality LGBTQ+ Inclusivity in the Workplace</p> | <p>Q4</p> <p>Vitality Introverts in the Workplace</p> |