

TOILET TALK

JANUARY

HOLIDAYS

- January 1: New Year's Day
- January 17: Benjamin Franklin's Bday
- January 19: Martin Luther King Jr. Day

HAPPY New Year



2026

JUST FOR FUN DAYS

- January 6 - National Bean Day
- January 12 - National Pharmacist Day
- January 14 - Dress Up Your Pet Day
- January 19 - National Popcorn Day
- January 21 - National Hugging Day
- January 29 - National Puzzle Day

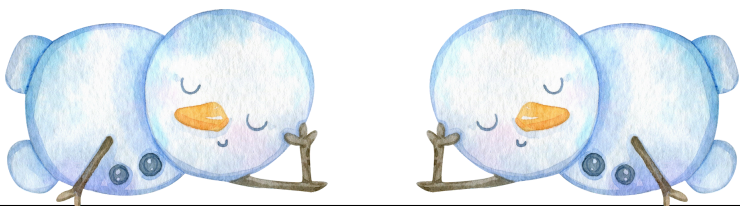
NATIONAL MENTORING MONTH

NATIONAL MENTORING MONTH IS AN ANNUAL DESIGNATION OBSERVED IN JANUARY. THIS MONTH, FOCUS ON HOW WE CAN ALL WORK TOGETHER TO INCREASE THE NUMBER OF MENTORS TO MAKE SURE YOUNG PEOPLE IN OUR COMMUNITIES HAVE DEPENDABLE PEOPLE TO LOOK UP TO AND FOLLOW IN THEIR FOOTSTEPS. NATIONAL MENTORING MONTH CELEBRATES MENTORING AND THE POSITIVE EFFECT IT CAN HAVE ON YOUNG LIVES.

BENEFITS OF MENTORING FOR TEENS

- **SKILL DEVELOPMENT:** COMMUNICATION, PROBLEM-SOLVING, LEADERSHIP, TIME MANAGEMENT, AND ACADEMIC SKILLS.
- **CONFIDENCE & SELF-ESTEEM:** ENCOURAGEMENT BUILDS SELF-BELIEF AND HELPS TEENS HANDLE CHALLENGES.
- **POSITIVE BEHAVIOR:** REDUCED SUBSTANCE USE, BETTER COPING MECHANISMS, LESS RISKY BEHAVIORS.
- **BROADER HORIZONS:** EXPOSURE TO NEW IDEAS, OPPORTUNITIES, AND CAREER PATHS.
- **SENSE OF BELONGING:** FEELING VALUED, SUPPORTED, AND CONNECTED TO THEIR COMMUNITY.

HAVING SOMEONE TO LEAN ON CAN BE A LIFELINE IN WHAT IS OFTEN A LONELY WORLD. LEARN MORE ABOUT HOW MENTORING BUILDS CONNECTION AND BELONGING @ MENTORING.ORG



Integrated Behavioral Health Services



SCAN ME FOR THE ZION WEBSITE

NATIONAL HUMAN TRAFFICKING HOTLINE

1-888-373-7888

TEXT 233733

National Human Trafficking Prevention Month

January is National Human Trafficking Prevention Month. Every year since 2010, the President has dedicated the month to raise awareness about human trafficking and to educate the public about how to identify and prevent this crime. The U.S. Department of State raises awareness of human trafficking domestically and abroad, through U.S. embassies and consulates.

SCAN ME!



Key Goals of Poverty Awareness Month:

- **Educate:** Share facts about poverty's prevalence and complexities.
 - **Debunk Myths:** Challenge stereotypes about who experiences poverty.
 - **Promote Solutions:** Support efforts to combat poverty through charity, policy, and community involvement.
 - **Inspire Action:** Encourage individuals to volunteer, donate, or advocate for systemic change.
- How to Participate:
- **Learn:** Use resources from organizations like the Census Bureau, Community Action Partnership, or PovertyUSA to understand the root causes.
 - **Donate/Volunteer:** Give time or resources to local food banks, shelters, or community support groups.
 - **Advocate:** Support policies that improve access to healthcare, education, stable jobs, or affordable housing.
 - **Share:** Use your voice to spread awareness on social media and in your community.



FOR MORE INFO VISIT: WWW.CENSUS.GOV

Did you know?

It takes roughly 540 peanuts to make a jar of peanut butter

Winds on Neptune can blow faster than 1,200 miles an hour

No number before 1,000 contains the letter A