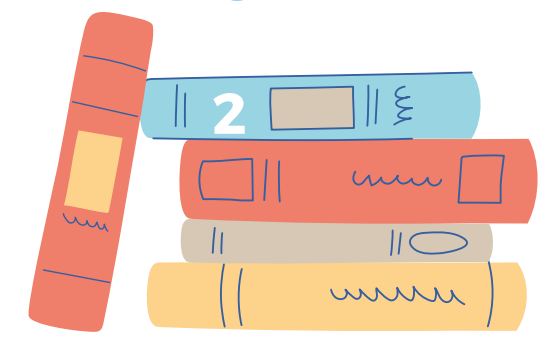


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# TeenHelp



WWW.TEENHELP.ORG



JUNE 2022



	PRIDE MONTH	PTSD AWARENESS MONTH	1 VOLUNTEERS WEEK	2 HUG YOUR PET OR STUFFED TOY	3	4 GO FOR A WALK AND TAKE PICTURES
5 WORLD ENVIRONMENT DAY	6 MAKE A TO-DO LIST	7	8 OCEANS DAY	9	10 WATCH THE SUNRISE	11 READ A NEW BOOK
12	13 MEN'S HEALTH WEEK	14 BLOOD DONOR DAY	15	16 FOCUS ON YOUR BREATH	17	18 MOVIE NIGHT: ICE PRINCESS (CHAT)
19 GO FOR A PICNIC	20 REFUGEE WEEK	21 YOGA DAY	22	23 DANCE TO YOUR FAVOURITE SONG	24	25 PLAY BOARD GAMES WITH SOMEONE
26 DO SOME GARDENING	27 WELLBEING WEEK	28	29 TROPICS DAY	30	