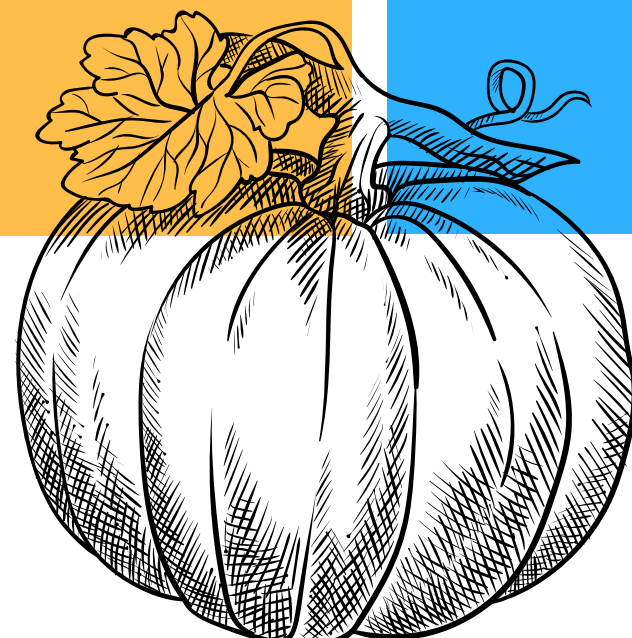
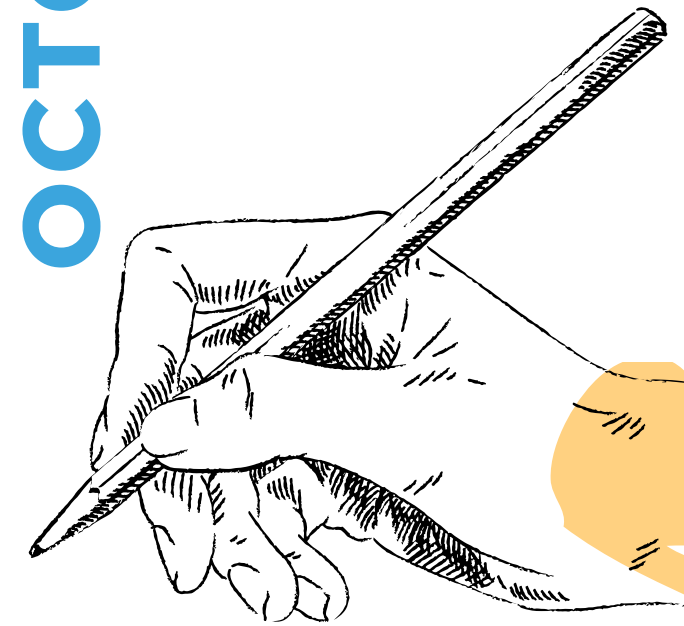
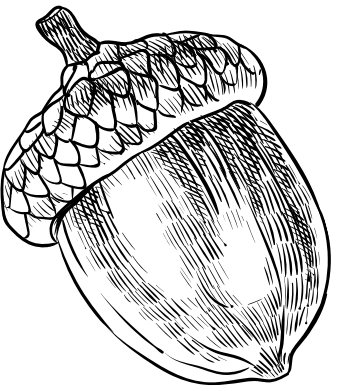


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OCTOBER 2022



					ADHD AWARENESS MONTH	1 GO FOR A HIKE
2	3 DECORATE YOUR HOUSE FOR THE SEASON	4	5 DO SOMETHING NICE DAY	6	7 INNER BEAUTY DAY	8
9	10 WORLD MENTAL HEALTH DAY	11	12 TRY BIRD WATCHING	13 HAVE A CAMPFIRE	14	15 COLOURING FOR MINDFULNESS
16 RE-EVALUATE YOUR GOALS	17	18	19 TAKE A BIKE RIDE	20	21	22 USE POSITIVE REFRAMING
23	24 CONSIDER THE PROS AND CONS	25	26	27 ACKNOWLEDGE WHAT IS CLOSE TO YOUR HEART	28 SHIFT YOUR PERSPECTIVE	29
30 KEEPING CHILDREN SAFE DURING HALLOWEEN	31 HALLOWEEN					