

2023

CALENDAR



Eating  
Recovery  
Center



Pathlight  
Mood &  
Anxiety  
Center

Love Your Tree

2023

JANUARY

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



"Like a tree...my body is me."  
Alden K., Age Category: 11-14

MONTHLY OBSERVANCES

National Mentoring Month  
Poverty in America Awareness Month



Care consultation and assessment: 1-877-825-8584  
EatingRecovery.com | PathlightBH.com

2023

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Imbolc (Feb. 1-2) National Freedom Day	2 Groundhog Day	3 National Women Physicians Day	4 Rosa Parks' Birthday
5	6 National School Counseling Week (Feb. 6-10)	7	8	9	10	11 National Make a Friend Day
12	13 Black Love Day International Day of Self-Love	14 Frederick Douglass' Birthday Valentine's Day	15 Susan B. Anthony Day Nirvana Day	16	17 National Caregivers Day National Random Acts of Kindness Day	18
19 Day of Remembrance	20 Presidents Day Love Your Body Week (Feb. 20-24) National Love Your Pet Day World Day of Social Justice	21 Mardi Gras	22 Ash Wednesday	23	24 Not One More Weekend, National Alliance for Eating Disorders Awareness (Feb. 24-26)	25
26	27 National Eating Disorders Awareness Week (Feb. 27-March 5)	28	1	2	3	4



Untitled  
Amanda S., Age Category: 15-18

MONTHLY OBSERVANCES

- Black History Month
- Body Image Awareness Month



2023

MARCH

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



"Like a tree...I am strong and able to hold myself and others."

Rori M., Age Category: 15-18

**MONTHLY OBSERVANCES**

- Developmental Disabilities Awareness Month
- Ethnic Equality Month
- Gender Equality Month
- National Nutrition Month
- National Social Work Month
- National Women's History Month
- Self-Harm Awareness Month
- Youth Art Month



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2023

APRIL

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



"Like a tree...my body is fruitful."  
Mikaela C., Age Category: 11-14

**MONTHLY OBSERVANCES**

- 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

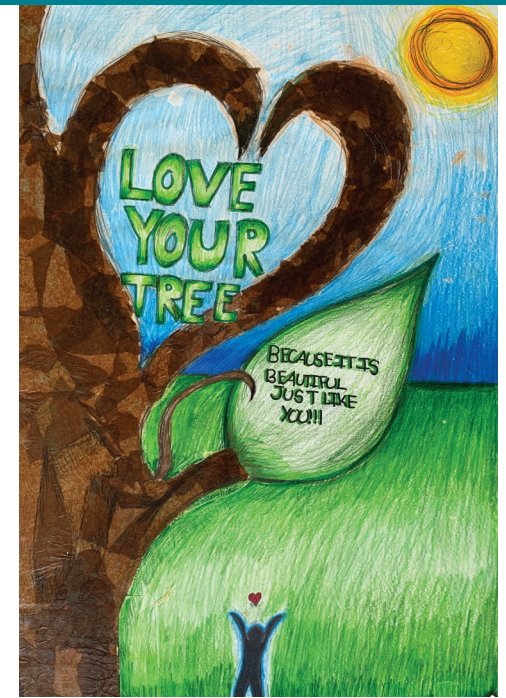


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# MAY

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



*"Like a tree... I am strong and different from the root."*  
Dasanti S., Age Category: 11-14

## MONTHLY OBSERVANCES

- National Foster Care Month
- Jewish American Heritage Month
- Mental Health Awareness Month
- National Asian American and Pacific Islander Heritage Month
- National Nurses Month
- Older Americans Month

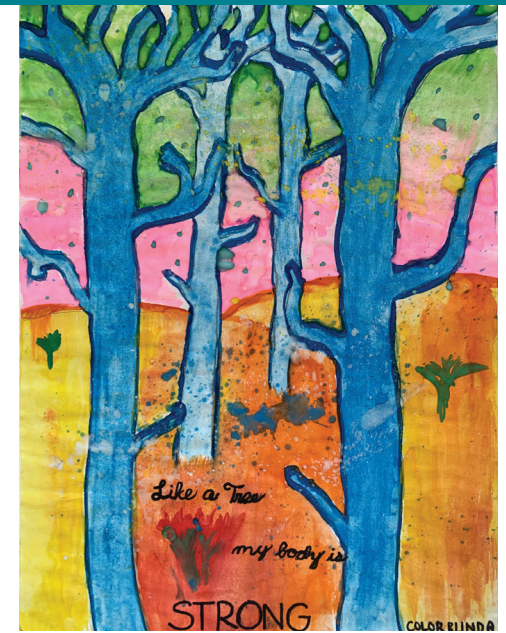


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JUNE

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



"Like a tree...my body is strong."  
Lindsay A., Age Category: Unknown

- MONTHLY OBSERVANCES**
- Black Music Appreciation Month
  - Men's Health Month
  - Pride Month
  - PTSD Awareness Month



2023

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 Canada Day
2	3	4 U.S. Independence Day	5	6	7	8
9	10	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 Islamic New Year	20	21	22
23	24 Pioneer Day	25	26	27	28	29
30 International Day of Friendship	31		National Disability Independence Day (ADA Day)			



"Like a tree...I am graceful."  
Sasini W., Age Category: 15-18

**MONTHLY OBSERVANCES**

- BIPOC Mental Health Awareness Month
- Chronic Disease Awareness Month
- Disability Pride Month

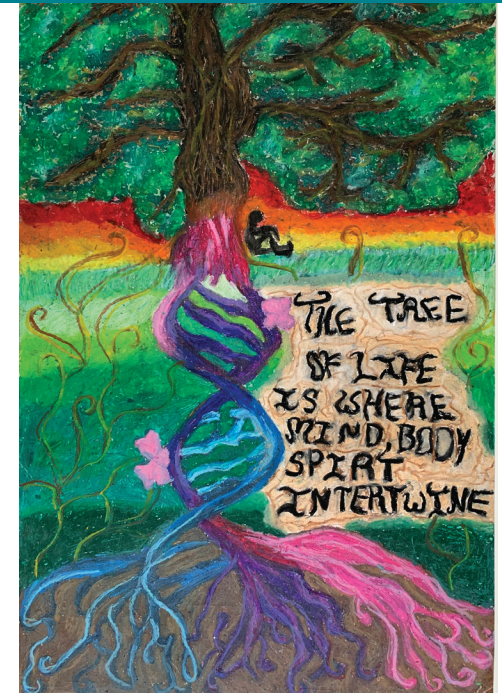




2023

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	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 Lefthanders Day	14	15	16	17	18	19 World Humanitarian Day
20 Isese Day	21 Senior Citizens Day	22	23 Eating Recovery & Pathlight Foundation Conference (Aug. 23-25)	24	25	26 Women's Equality Day
27	28	29	30	31 International Overdose Awareness Day	1	2



"The tree of life is where mind, body and spirit intertwine."  
Jasmine M., Age Category: 15-18

MONTHLY OBSERVANCES

- American Artist Appreciation Month
- Gastroparesis Awareness Month
- National Civility Month
- National Wellness Month



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SEPTEMBER

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



*"Like a tree...I am loved for being who I am."*  
Elizabeth M., Age Category: 15-18

**MONTHLY OBSERVANCES**

- National Recovery Month
- National Suicide Prevention Month
- Self-Care Awareness Month
- Sexual Health Month
- Hispanic Heritage Month (Sept. 15-Oct. 15)



2023

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



"Beauty"  
Kailey J., Age Category: 11-14

**MONTHLY OBSERVANCES**

- 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

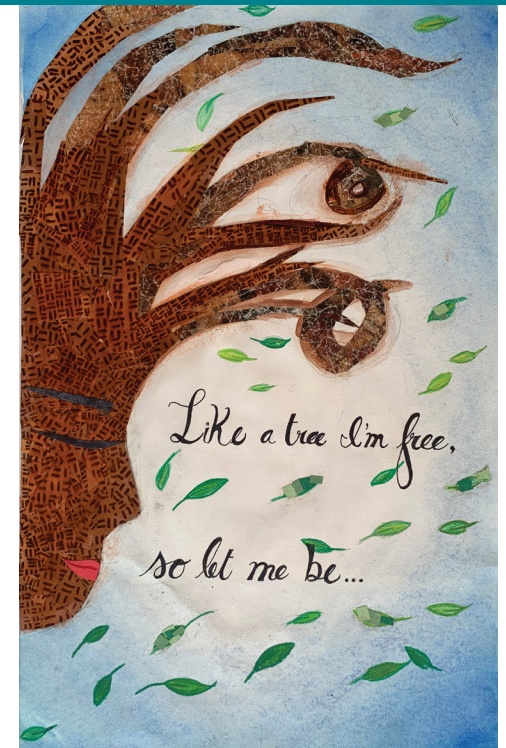


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NOVEMBER

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



"Like a tree...I'm free, so let me be."  
Zoya T., Age Category: 11-14

MONTHLY OBSERVANCES

Universal Human Rights Month

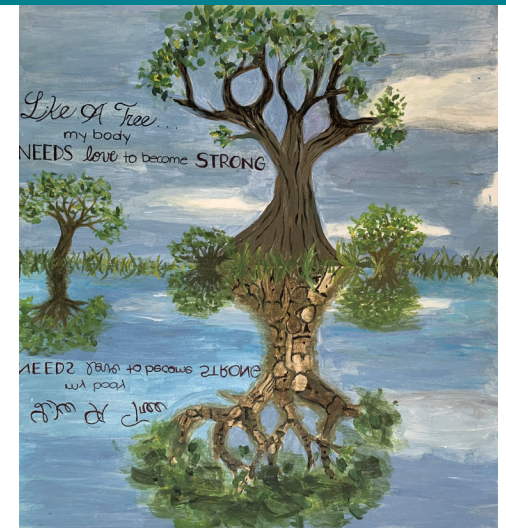


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2023

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 World AIDS Day	2
3 Advent (Dec. 3-24) International Day of Persons with Disabilities	4	5 International Volunteer Day	6 Pearl Harbor Remembrance Day	7 Hanukkah (Dec. 7-15)	8 Bodhi Day (Western Calendar)	9
10 International Human Rights Day	11	12	13	14	15	16
17	18	19	20	21 Winter Solstice Yule	22	23
24 Christmas Eve	25	26	27	28	29	30
31 New Year's Eve	Christmas Day	Kwanzaa (Dec. 26-Jan. 1)			Wounded Knee Day of Reflection	



*"Like a tree...my body needs love to become strong."*  
Sarah S, Age Category: 15-18

**MONTHLY OBSERVANCES**

- Arab Heritage Month
- Autism Awareness Month
- Celebrate Diversity Month
- Genocide Awareness and Prevention Month
- HIV/AIDS Awareness 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



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# 2024

# R A D N Z E A C

## JANUARY

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

## FEBRUARY

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

## MARCH

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

## APRIL

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

## MAY

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

## JUNE

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

## JULY

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

## AUGUST

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

## SEPTEMBER

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

## OCTOBER

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

## NOVEMBER

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

## DECEMBER

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	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](mailto:LoveYourTree@ERCPATHLIGHT.COM), and we will consider including 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 professional groups to get creative together while promoting positive mental well-being.

### GETTING INVOLVED IS EASY.

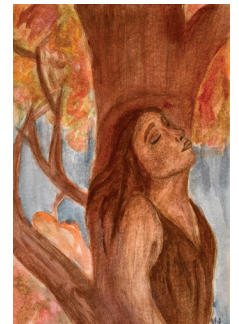
**Step 1:** Download the Program Pack at [LoveYourTree.org](https://LoveYourTree.org).

**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](https://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://twitter.com/EatingRecovery) [@PathlightBH](https://twitter.com/PathlightBH) [#LoveYourTree](https://twitter.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](mailto:LoveYourTree@ERCPATHLIGHT.COM) or visit us at [LoveYourTree.org](https://LoveYourTree.org).



To download the 2023 Calendar and Artwork, scan the QR code.



[EatingRecovery.com](https://EatingRecovery.com) | [PathlightBH.com](https://PathlightBH.com)