



JANUARY					
M	01 NEW YEARS DAY	08	15	22	29 TERM 1 STARTS
T	02	09	16	23	30
W	03	10	17	24	31
T	04	11	18	25	
F	05 AUSTRALIA DAY (Also referred to as Invasion Day or Survival Day)	12	19	26	
S	06	13	20	27	
S	07	14	21	28	

FEBRUARY					
M		05	12	19	26
T		06	13 Stolen Generation Anniversary	20 World Day of Social Justice	27
W	07	14	21 Colac Otway Shire NOCH	28	
T	01	08	15	22 Surfcoast Otway Shire NOCH	29
F	02	09	16	23	
S	03	10	17	24	
S	04	11 Chinese New Year: Year of the Dragon	18	25	

MARCH					
M		04	11 LABOUR DAY	18	25
T		05	12	19	26
W	06	13	20	27 NHVic Conference Creswick	28 NHBarwon Coordinators Gathering
T	07 COGG & BoQ Otway NOCH	14 NHBarwon Governance induction training	21 COGG & BoQ Otway NOCH NHVic Conference Creswick Harmony Day Cultural Diversity Week starts	28 ACFE uploads due	TERM 1 ENDS
F	01	08 International Women's Day	15	22 NHVic Conference Creswick	29 GOOD FRIDAY
S	02	09 Ramadan starts	16	23 Earth hour - 8.30 pm	30 Saturday before Easter Sunday
S	03 Clean up Australia Day	10	17	24	31 EASTER SUNDAY International Transgender Day of Visibility

APRIL					
M	01 EASTER MONDAY	08	15 Ramadan ends	22 TERM 2 STARTS	29
T	02 Autism Awareness Day	09	16	23	30
W	03	10	17	24	
T	04	11	18	25 ANZAC DAY	
F	05	12	19	26	
S	06	13	20	27	
S	07 World Health Day	14	21 Earth Day	28	

MAY					
M		06 NH Week (TBC)	13	20 Volunteering Week to 26 May	27 Reconciliation Day World's Biggest Morning Tea (anytime May-June)
T		07	14	21	28
W	01	08	15 COGG & BoQ Otway NOCH	22 Combined Surfcoast and Colac Otway Shire NOCH	29
T	02	09	16	23	30
F	03	10 International Day Against Homophobia, Biphobia and Transphobia	17	24	31
S	04	11	18	25	
S	05	12	19	26 National Sorry Day	

JUNE					
M		03	10 KING'S BIRTHDAY Men's Health Week to 16 June	17	24
T		04	11	18	25
W		05 World Environment Day	12	19	26
T		06	13	20 World Refugee Day	27
F	07	14	21	28 ACFE uploads due	29 TERM 2 ENDS
S	01	08 Elder Abuse Awareness Day	15	22	29
S	02	09	16 Refugee Week to 22 June	23	30

WELLBEING & SELF-CARE TIPS

You can't pour from an empty cup

- ♥ Wear comfy clothes
- ♥ Practice yoga
- ♥ Keep hydrated
- ♥ Schedule regular leave
- ♥ Schedule time to plan and follow up
- ♥ Take a walk, get Vitamin D
- ♥ Enjoy your favourite hot drink
- ♥ Light your favourite scented candle
- ♥ Read a good book or go to a movie
- ♥ Call a friend/colleague to chat
- ♥ Have early nights and good sleep
- ♥ Indulge a bit: what works for you
- ♥ Breathe deeply and slowly
- ♥ Write down your thoughts
- ♥ Practice good skin care
- ♥ Take a hot shower or bath

Funding to produce this calendar was provided by NHBarwon, from the Department of Families, Fairness and Housing, City of Greater Geelong, SurfCoast Shire and Colac Otway Shire.

Neighbourhood Houses
The Heart of Our Community

A place where people are welcomed to come together, to learn, to socialise, to pursue personal &/or community interests - to experience a sense of belonging.

www.nhbarwon.org.au



JULY					
M	01	08	15	22	29
T	02	09	16	23	30
W	03	10	17	24	31
T	04	11	18	25	
F	05	12	19	26	
S	06	13	20	27	
S	07	14	21	28	
NAIDOC Week to 14 July					

AUGUST					
M		05	12	19	26
T		06	13	20	27
W		07	14	21	28
T	01	08	15	22	29
F	02	09	16	23	30
S	03	10	17	24	31
S	04	11	18	25	26

SEPTEMBER					
M		02	09	16	23
T		03	10	17	24
W		04	11	18	25
T		05	12	19	26
F	06	13	20	27	28
S	07	14	21	28	29
S	01	08	15	22	29

OCTOBER					
M		07	14	21	28
T		01	08	15	22
W	02	09	16	23	30
T	03	10	17	24	31
F	04	11	18	25	
S	05	12	19	26	
S	06	13	20	27	
S	06	13	20	27	

NOVEMBER					
M		04	11	18	25
T		05	12	19	26
W		06	13	20	27
T	07	14	21	28	29
F	01	08	15	22	29
S	02	09	16	23	30
S	03	10	17	24	25

DECEMBER					
M		02	09	16	23
T		03	10	17	24
W		04	11	18	25
T		05	12	19	26
F	06	13	20	27	28
S	07	14	21	28	29
S	01	08	15	22	29

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