



FAIRFAX - FALLS CHURCH

Community Services Board

Tune into June

Talk, Listen, and Connect.

Reach out to family, friends, neighbors, and your community. During this challenging time, a phone or virtual call, a letter, or a brief chat with a community member or a wave, can mean so much to someone. Challenge yourself to reach out to others daily.

Wellness, Health Promotion, and Prevention

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Watch a movie together, apart, and then chat about it.	2 Wave to a neighbor walking by.	3 Sit and listen to someone's story via phone or virtual call.	4 Leave a kind note for your mail carrier.	5 Set up a virtual game night with friends.	6 National Gardening Exercise Day! Get outside with your family and garden.
7 Do something nice for an older neighbor.	8 Call or email a colleague to say hello.	9 Share a favorite recipe with a group of friends or family and invite them to do the same.	10 Ask your child about their day and listen without disruption.	11 Leave a note for a delivery person.	12 Set up a phone call with a high school or college friend.	13 Take a walk with a family member and listen to what's on their mind.
14 Have a conversation about alcohol, drugs and mental health with a loved one; be a resource of trustworthy information.*	15 Email someone you used to work with to check in.	16 Drop off a treat for a neighbor.	17 Tell a family story to a loved one.	18 Put a kind note in a neighbor's mailbox.	19 Set up a call with a family member.	20 Do an activity outside and talk.
21 Let someone know how much they mean to you.	22 Write a thank you note.	23 <u>National Hydration Day!</u> Remind your loved ones to drink lots of water today!	24 Ask a friend about their day and listen.	25 Send a letter to a family member.	26 Set up a call with a friend from another state.	27 Say thank you to your grocery store team.
28 Call someone and wish them a happy birthday!	29 Drop off a meal for a friend.	30 Ask a neighbor if they need help with anything.	Connect: Reach out, start conversations, and keep them going. *Conversation Goals about Alcohol: www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals			

Please remember to physically distance yourself by at least 6 feet and wear a face covering mask when you're out in public. Stay safe!



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711.

www.fairfaxcounty.gov/csb

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