



JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
		01 New Years Day	02	03
06	07	08	09	10
13	14	15	16	17
20	21	22	23	24
27 Australia Day (observed)	28 Term 1 Begins	29 Chinese New Year	30	31

FEBRUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
10	11 CoGG & BOQ NOCH Meeting	12 Combined Colac-Otway & Surf Coast NOCH Meeting	13 National Apology Day	14 Valentine's Day
17	18	19	20	21
24	25	26	27 World Day of Social Justice	28

MARCH				
Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
10 Labour Day Ramadan commences	11	12	13	14
17 Cultural Day of Diversity	18 World Social Work Day	19	20 International Day Of Happiness National Close the Gap Day	21 Harmony Day
24	25	26	27	28
31 International Transgender Day of Visibility				

APRIL				
Monday	Tuesday	Wednesday	Thursday	Friday
	01	02 World Autism Awareness Day	03	04 Term 1 Ends
07 World Health Day	08	09 International Day of Worlds Indigenous People	10	11
14	15	16	17	18 Good Friday
21 Easter Monday	22 Term 2 Begins Earth Day	23	24	25 ANZAC Day
28	29	30 Orthodox Easter		

MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
			01 Domestic and Family Violence Prevention Month	02
05	06	07	08	09
12	13	14	15	16
19 National Volunteer Week Victorian Law Week	20 CoGG & BOQ NOCH Meeting	21 Combined Colac-Otway & Surf Coast NOCH Meeting	22	23
26 National Sorry Day	27 Reconciliation Week (until 3 June)	28	29	30

JUNE				
Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
09	10 MABO Day	11	12 World Environment Day	13
16 King's Birthday Men's Health Week	17	18	19	20
23	24	25	26	27 World Refugee Day
30				

WELLBEING & SELF-CARE TIPS

- ♥ 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

You can't pour from an empty cup

VICTORIA State Government

Families, Fairness and Housing

CITY OF GREATER GEEELONG

Surf COAST SHIRE

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				
Monday	Tuesday	Wednesday	Thursday	Friday
	01	02	03	04 Term 2 Ends
07	08	09	10	11
14	15	16	17	18
21 Term 3 Begins	22 National Pyjama Day	23	24	25
28	29	30 International Day of Friendship	31	

AUGUST				
Monday	Tuesday	Wednesday	Thursday	Friday
				01 Homeless Person's Week
04 Loneliness Awareness Week	05	06	07	08
11	12 International Youth Day	13	14	15
18	19 World Humanitarian Day	20 CoGG & BOQ NOCH Meeting	21 Combined Colac-Otway & Surf Coast NOCH Meeting	22
25 National Skills Week	26	27	28	29 Wear it Purple Day

SEPTEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
01 Adult Learner's Week	02	03	04	05
08	09	10	11 R U OK? Day	12
15	16	17	18	19 Term 3 Ends
22 Rosh Hashanah begins	23	24	25	26 Friday before AFL Grand Final
29	30			

OCTOBER				
Monday	Tuesday	Wednesday	Thursday	Friday
		01 Yom Kippur International Day of Older Persons Buy Nothing New Month	02	03
06 Term 4 Begins	07	08	09	10 World Mental Health Day
13	14	15	16	17
20 Diwali	21	22	23	24
27	28	29	30	31 Halloween National Teacher's Day

NOVEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
03	04 Melbourne Cup Day	05 International Volunteer Managers Day	06	07
10 National Recycling Week	11 Remembrance Day	12	13 All of Barwon Network NOCH Meeting	14
17	18	19	20	21
24	25 International Day for the Elimination of Violence Against Women	26	27	28

DECEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
01	02	03 International Day of People with Disability	04	05 International Volunteer Day
08	09	10 Human Rights Day	11	12
15	16	17	18 International Migrants Day	19 Term 4 Ends
22	23	24	25 Christmas Day	26 Boxing Day
29	30	31		

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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.

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