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**Kentucky Psychological Foundation**

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|  | Social Media Calendar | Month: | October-November | year: | 2019 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| days | **Sunday (10/27)** | **Monday (10/28)** | **Tuesday (10/29)** | **Wednesday (10/30)** | **Thursday (10/31)** | **Friday (11/1)** | **Saturday (11/2)** |
| Picture |  |  |  |  |  | Macintosh HD:Users:Brendan:Desktop:images.jpg |  |
| Description | LINK | LINK | LINK | LINK | LINK | LINKhttps://louisvillefamilyfun.net/2013/12/top-10-places-to-volunteer-together-as.html  | LINK |
| TWITTER |  |  |  |  |  | Its Volunteer Month! Make sure you kick off the month right by volunteering in your community or a community in need near you! |  |
| FACEBOOK |  |  |  |  |  | Its Volunteer Month! Make sure you kick off the month right by volunteering in your community or a community in need near you! |  |

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|  | Social Media Calendar | Month: | November | year: | 2019 |

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| days | **Sunday (11/3)** | **Monday (11/4)** | **Tuesday (11/5)** | **Wednesday (11/6)** | **Thursday (11/7)** | **Friday (11/8)** | **Saturday (11/9)** |
| Picture |  | Macintosh HD:Users:Brendan:Desktop:imgres-9.jpg |  |  |  |  |  |
| Description | LINK | LINKhttps://www.uhs.umich.edu/tenthings | LINK | LINK | LINK | LINK | LINK |
| TWITTER |  | Check out the top things you can do for your mental health today!  |  |  |  |  |  |
| FACEBOOK |  | Check out the top things you can do for your mental health today!  |  |  |  |  |  |

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| days | **Sunday (11/10)** | **Monday (11/11)** | **Tuesday (11/12)** | **Wednesday (11/13)** | **Thursday (11/14)** | **Friday (11/15)** | **Saturday (11/16)** |
| Picture |  |  |  | Macintosh HD:Users:Brendan:Desktop:imgres-2.jpg |  |  | Macintosh HD:Users:Brendan:Desktop:imgres-3.jpg |
| Description | LINK | LINK | LINK | LINK**World Kindness Day**  | LINK | LINK | LINK**International Day for Tolerance**  |
| TWITTER |  |  |  | It’s World Kindness Day! Spread kindness to your family, friends, strangers and peers. A simple smile can go a long way.  |  |  | Be open-minded. Tolerance is key when opening your mind while meeting new people. |
| FACEBOOK |  |  |  | It’s World Kindness Day! Spread kindness to your family, friends, strangers and peers. A simple smile can go a long way. |  |  | Be open-minded. Tolerance is key when opening your mind while meeting new people. |

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| days | **Sunday (11/17)** | **Monday (11/18)** | **Tuesday (11/19)** | **Wednesday (11/20)** | **Thursday (11/21)** | **Friday (11/22)** | **Saturday (11/23)** |
| Picture | Macintosh HD:Users:Brendan:Desktop:imgres-4.jpg |  |  |  | Macintosh HD:Users:Brendan:Desktop:imgres-8.jpg |  | Macintosh HD:Users:Brendan:Desktop:imgres-6.jpg |
| Description | LINKhttp://www.kyharvest.com/donate.html**National Hunger Awareness Week**  | LINK | LINK | LINK | LINK**National Parental Involvement Day**  | LINK | LINKhttps://afsp.org/take-action/**International Survivors of Suicide Day** |
| TWITTER | Thanksgiving is near! Open your hearts this holiday season and help feed the hungry in your community. |  |  |  | Be an active parent! Take extra time to check in on how your kids are feeling. |  | Take a moment to reflect on the internal struggles that others may be going through daily.  |
| FACEBOOK | Thanksgiving is near! Open your hearts this holiday season and help feed the hungry in your community.  |  |  |  | Be an active parent! Take extra time to check in on how your kids are feeling. |  | Take a moment to reflect on the internal struggles that others may be going through daily. |

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| days | **Sunday (11/24)** | **Monday (11/25)** | **Tuesday (11/26)** | **Wednesday (11/27)** | **Thursday (11/28)** | **Friday (11/29)** | **Saturday (11/30)** |
| Picture |  |  |  |  | Macintosh HD:Users:Brendan:Desktop:imgres-7.jpg |  |  |
| Description | LINK | LINK | LINK | LINK | LINKhttps://www.takingcharge.csh.umn.edu/10-ways-be-more-thankful-person | LINK | LINK |
| TITTER |  |  |  |  | Happy Thanksgiving! Enjoy the time you have with family and friends.  |  |  |
| FACEBOOK |  |  |  |  | Happy Thanksgiving! Enjoy the time you have with family and friends.  |  |  |