



## 2024 NATIONAL THEMES

### **January - Healthy Communities**

Tips and ideas for boosting individual and community wellness.

### **February - Love Where You Live**

Encouraging neighbourhood improvement and beautification.

### **March - Connected Communities**

Encouraging connection and communication with your neighbours.

### **April - Safer Communities**

Advice for improving household and neighbourhood safety.

### **May - Supporting Our Young People**

Engaging and supporting youth to empower them to be kaitiaki of tomorrow.

### **June - Get Involved**

Encouraging and celebrating volunteerism in our communities.

### **July - Celebrate Community**

Promoting neighbourliness and encouraging a stronger community spirit.

### **August - Random Acts of Kindness**

Spreading joy at home, work, and in our communities one random act of kindness at a time.

### **September - Mental Health + Well-Being**

Shining a light on our struggles while providing useful info for finding help and offering support.

### **October - Prepared For Anything**

Important emergency and disaster preparedness information.

### **November - Respectful Connections**

Promoting respectful relationships in our homes, neighbourhoods and communities.

### **December - The Joy of Sharing**

Reaching out, giving back, and helping others during the holiday season.