

Monthly Observance Calendar for Nonprofits

plus health and wellness tips for nonprofit leaders,
the nonprofit workplace, and the communities
they serve

Anne Arundel County's
NONPROFIT
CENTER
@ 41 COMMUNITY PLACE

2025

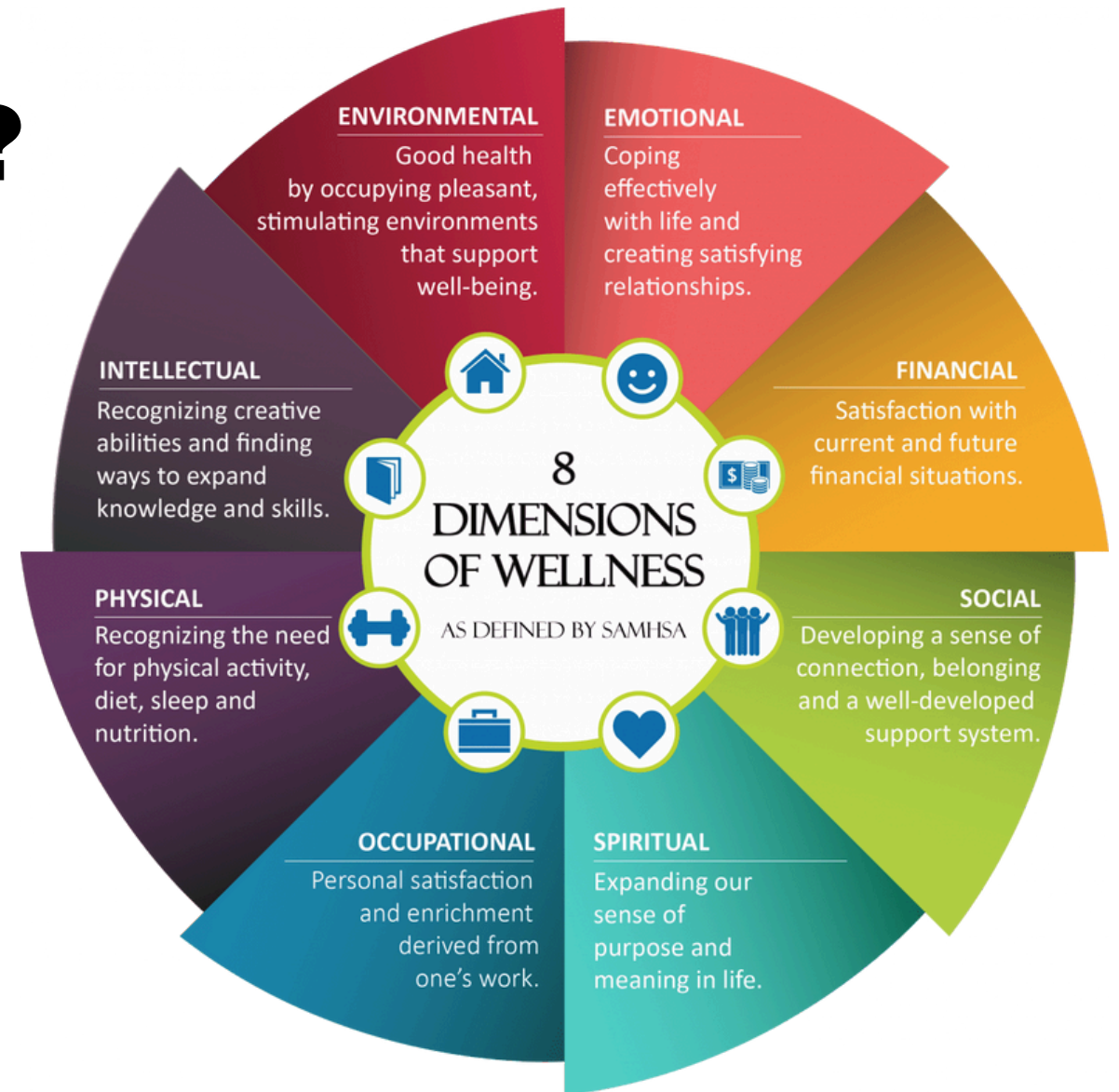
Why Focus on Health & Wellness?

The Nonprofit Center provides capacity-building support to 501(c)(3) nonprofits whose work advances the health and wellness of county residents. Why? Because improving the health of our communities can enhance the wealth of our communities. And our goal is to make Anne Arundel County The Best Place - For All.

At the Nonprofit Center, we know that every member of the nonprofit community - from executives to staff members, volunteers to donors - provides important services in the county. Your work is invaluable.

We also know that nonprofit work can be challenging and stressful. For this reason, focusing on your health and wellness is vital practice. This calendar is one tool to help nonprofit leaders and staff do just that.

Image Source: <https://health.wvu.edu/bewell/blog/wellness-check/>



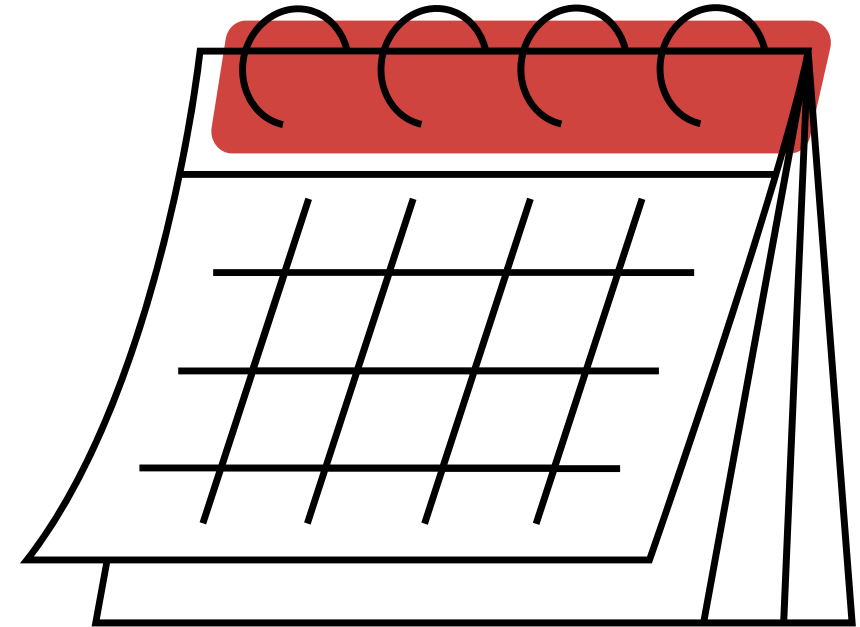
How to Use This Calendar

Whether in the workplace, at home, or within the community, incorporating wellness strategies can improve every aspect of your life.

In addition to traditional holidays and important dates, each month includes a list of health and wellness-related observances, nonprofit-centric holidays, and a few other dates just for fun. There is a day for almost everything!

We've also included tips related to a featured observance or holiday each month. The tips are written for three distinct groups: nonprofit leaders, nonprofit teams, and the people nonprofits serve.

We hope the calendar will help you achieve holistic wellness this year and help you remember to take care of yourself while improving the lives of others.



 **Researched and Designed by:**
Penelope Green, NPC Intern, Spring 2024

January 2025

National Mentoring Month

Mentorship is a valuable way to gain experience, receive feedback, and develop meaningful relationships that can impact the social, emotional, and occupational dimensions of health. Effective mentor/mentee pairs often have similar values, personal goals, and professional aspirations. Mentorship does not have to be formal and often happens organically.



For executives:

- Participate in Executive Roundtables or other networking opportunities
- Be willing to offer insights to newer leaders.
- Ask for support when you need it.

For the workplace:

- Ask an employee to be a point of contact for a new employee's first six months. Encourage them to check in with each other.
- This can work for new volunteers, too.

For the community:

- Consider promoting the value of mentorship at an event.
- Brainstorm mentorship opportunities if it would benefit your clients or community.

Monthly Observances

- Dry January
- Financial Wellness Month
- Mental Wellness Month
- National Blood Donor Month
- National Hobby Month
- Poverty in America Awareness Month

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Years Day Start New Years Resolutions Week	2	3	4 World Braille Day National Trivia Day
5	6	7	8 National Career Coach Day	9	10	11 National Human Trafficking Awareness Day
12	13	14	15 Museum Selfie Day	16 Religious Freedom Day	17	18
19	20 Inauguration Day and Martin Luther King, Jr. Day	21 National Hug Day	22 Celebration of Life Day	23 National Reading Day	24 International Day of Education and National Compliment Day	25
26	27 Parent Mental Health Day	28	29 Lunar New Year	30	31	1

February 2025

National Random Acts of Kindness Day

National Random Acts of Kindness Day is an excellent opportunity to effect positive change within your office and community. Not only does spreading kindness benefit the recipient, but it can also benefit you! Research shows that practicing kindness can promote community engagement, boost mood, and improve self-esteem. The best news is that spreading kindness can be a really easy thing to do!



For executives:

- Be kind to yourself. In addition to showing your team some love, do one small thing for you. Want to make it random? Put ideas in a hat and pick one.

For the workplace:

- Hosting an employee appreciation lunch, implementing casual dress days, or sharing words of affirmation are great ways to show a little extra kindness to your staff (today and year-round).

For the community:

- Remind your donors, volunteers, or clients to do something kind for another. It doesn't have to impact your organization directly. In fact, it's good to communicate without making an ask each time.

Monthly Observances

- American Heart Month
- Black History Month
- National Cancer Prevention Month
- National Time Mgt Month
- International Boost Self-Esteem Month

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Groundhog Day	3 Natl. Send a Card to a Friend Day	4	5 Start Children's Mental Health Week	6 Time to Talk Day	7	8
9 National Pizza Day	10	11 National Make a Friend Day	12	13 Galentine's Day	14 Valentine's Day National (Organ) Donor Day	15
16	17 Random Acts of Kindness Day and Presidents' Day	18	19	20 World Day of Social Justice	21	22
23 World Understanding and Peace Day	24	25	26 National Set a Good Example Day	27	28	1

March 2025

National Nutritional Awareness Month

National Nutritional Awareness Month is a great time of year to renew those New Year's resolutions to eat healthily, as well as an excellent opportunity to recognize the people who contribute to the growth and distribution of nutritious foods. According to the Office for Disease Prevention and Health Promotion, this year's National Nutritional Awareness Month theme is "Beyond the Table", which addresses "the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices."

For executives:

- Take one week to log your meals, then pick two items to replace with healthy alternatives for the rest of the month. You might find you have more energy afterward.

For the workplace:

- Set up a staff potluck and ask them to bring their favorite healthy foods.
- Encourage employees to set a one-week nutritional goal and offer prizes for those who accomplish theirs.

For the community:

- Are you hosting an event? Consider partnering with a local farm to serve the meal.
- Try and find a connection to your work. For instance, arts organizations could coordinate a food-focused exhibit.



Monthly Observances

- Brain Injury Awareness Month
- Ethnic Equality Month
- Gender Equality Month
- Developmental Disabilities Awareness Month
- Women's History Month

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 World Compliment Day Zero Discrimination Day
2 World Teen Mental Wellness Day	3 Read Across America Day	4	5	6	7 Employee Appreciation Day	8 International Women's Day
9 Daylight Saving Time and Natl Sleep Awareness Week Begin	10	11	12	13 National Good Samaritan Day	14 Pi Day	15
16 National Anonymous Giving Week Starts	17 St. Patrick's Day Start Nutrition and Hydration Week	18	19	20 March Equinox -and- International Day of Happiness	21	22
23	24	25 Maryland Day	26	27	28	29 Natl Vietnam War Veterans Day
30	31 Transgender Day of Visibility	1	2	3	4	5

April 2025

National Stress Awareness Month

From grant deadlines to interpersonal conflicts to planning big events, nonprofit employees may experience stress on a consistent basis. Stress can decrease focus, lessen work quality, and strain personal relationships. Knowing how to manage stress is an essential skill and requires practice. This month, take some time to develop your stress-tolerance skills.

For executives:

- Allocate just ten minutes a day to try one of the following:
 - Breathing exercises
 - Meditation
 - A brisk walk
 - Journaling
 - Laughing
 - Stretching

For the workplace:

- Share mental health resources.
- Find time to discuss the negative effects of stress.
- Ask employees to brainstorm how to make the workplace less stressful and try to implement them.

For the community:

- Promote the value of taking time for oneself, exercising to reduce stress, or sharing feelings with a friend.
- Post a stress relief tip on social media each week.



Monthly Observances

- Alcohol Awareness Month
- Autism Acceptance Month
- Celebrate Diversity Month
- Child Abuse Prevention
- Financial Literacy Month
- Natl Minority Health Month
- National Volunteer Month

April 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30	31	1	2 World Autism Awareness Day and National Walking Day	3	4	5 National Love our Children Day
6 Good Deeds Day	7 World Health Day	8	9	10 National Farm Day	11 National Pet Day	12
13 National Therapy Animal Day	14 National Gardening Day	15 Tax Day	16	17 National High-Five Day	18 National Exercise Day	19
20 Volunteer Recognition Day	21	22 Earth Day	23 Administrative Professionals Day	24 Nat'l Teach Children to Save Day and Take Your Child to Work Day	25	26 National Rebuilding Day
27	28 World Health and Safety Day at Work	29	30	1	2	3 National Play Outside Day is the 1st Sat. of every month!

May 2025

Mental Health Awareness Month

It can be easy to forget to prioritize your mental health; a busy work schedule, family responsibilities, and financial difficulties can distract you from focusing on yourself. Just like your emotional and physical well-being, your mental health requires attention. Luckily, more resources, studies, and general information about mental health have become available as it gains recognition as a crucial component of overall well-being.



For the executive:

- Support your own well-being by setting healthy boundaries, prioritizing your time, and learning to say “no”.

For the workplace:

- Promote the practice of gratitude within your office by suggesting your team write three things they’re grateful for each morning or send a thank you note to a colleague.

For the community:

- Speak with elected officials to advocate for increased services that support mental health.
- Include a feature about mental health tied to the population you serve in your newsletter this month.

Monthly Observances

- Clean Air Month
- High Blood Pressure Awareness Month
- Military Appreciation Month
- Natl Physical Fitness and Sports Month
- Older Americans Month
- Teen Self-Esteem Month
- Women’s Health Month

May 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

27	28	29	30	1	2 School Lunch Hero Day	3 National Fitness Day
4 National Orange Juice Day World Laughter Day	5 Cinco De Mayo	6 National Teacher Appreciation Day	7 National Barrier Awareness Day	8	9 National Home Front Heroes Day	10 Stamp Out Hunger Food Drive Day
11 Mother's Day	12	13	14	15 International Day of Families	16 Bike to Work Day	17 Armed Forces Day
18	19	20	21 World Day for Cultural Diversity and World Meditation Day	22	23	24
25 National Missing Children's Day	26 Memorial Day	27	28	29	30	31 World Foster Day

June 2025

World Environment Day

World Environment Day is an excellent opportunity to practice gratitude and take action for the environment. Getting involved doesn't take much; celebrating the holiday can be as simple as stepping outside and admiring nature.

Nature can help boost your mental health. Just stepping outside for five minutes can help lower stress levels and improve mood. If you're having difficulty finding time to engage with nature, consider alternatives like listening to wildlife sounds or opening a window at work.

For the executive:

- Identify one work task that you can accomplish in the fresh air.
- Add some plants to your workspace!

For the workplace:

- Advocate for environmentally friendly alternatives within your office, such as recycling and compost bins.
- Move your staff meeting outside.

For the community:

- Partner with an organization that helps the environment.
- Plan a fun work outing by traveling as an office to an area that could use some clean-up; invite volunteers and donors, too. It will help boost community engagement!



Monthly Observances

- Alzheimer's and Brain Awareness Month
- Gun Violence Awareness
- Great Outdoors Month
- Immigrant Heritage Month
- National Safety Month
- Pride Month
- PTSD Awareness Month

June 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 National Cancer Survivors Day	2 Natl Leave Work Early Day	3 World Bike Day	4	5 World Environment Day	6 National Higher Education Day	7 World Caring Day
8 Natl Best Friends Day	9 Natl Meal Prep Day Start Men's Health Week	10	11	12	13 National Movie Night	14 Flag Day World Blood Donor Day
15 Father's Day	16	17	18 International Picnic Day	19 Juneteenth	20 June Solstice and Natl Take Your Dog to Work Day	21 International Day of Yoga World Music Day
22	23	24	25	26	27 PTSD Awareness Day	28
29	30 World Social Networking Day	1	2	3	4	5

July 2025

Recreation and Parks Month

It seems like there's a holiday for everything these days (keeping with this trend, we've included National Urban Beekeeping Day on the 19th) but all can benefit from recreation, making it this month's observance highlight. Recreation- specifically physical activity and play- promotes multiple domains of wellness including mental, social, and emotional health.

In addition to the tips below, be sure to check out your local recreation and parks department's website for special events or discounts.

For the executive:

- What type of recreational activities make you happy? Make a list, then commit to doing one each week this month.

For the workplace:

- Engage in an office-wide event that promotes recreation. It could be something as simple as a kick-ball game!

For the community:

- If you're ever in need of a venue, consider hosting program activities at a local park. Many within the county have spaces that include amenities.



Monthly Observances

- Make a Difference to Children Month
- Make a Will Month
- Plastic Free July
- Park and Recreation Month
- Sarcoma Awareness Month

July 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 National Postal Worker Day	2	3	4 Independence Day	5
6	7	8	9	10	11 National Cheer Up the Lonely Day	12
13 Starts Capture the Sunset Week	14	15 Social Media Giving Day	16 Rural Transit Day	17	18	19
20 National Ice Cream Day	21	22	23 National Care for Your Coworker Day	24 International Self- Care Day	25	26 Nat'l Disability Independence Day
27 Nat'l Korean War Veterans Armitice Day and Nat'l Parents Day	28	29	30	31	1	2

August 2025

National Relaxation Day

It's easy to forget to carve out some time for relaxation amidst a hectic schedule. However, relaxation is a vital component of maintaining general well-being; even just a few moments a day can improve happiness. Research shows that relaxation can help with mental and physical wellness, lower stress levels, and boost cognitive functioning.



For the executive:

- Allocate a few minutes each day to do something you enjoy. Look at the list you created last month.
- If you aren't into yoga or meditation, try a walk in the sunshine or reading a good book.

For the workplace:

- Post relaxation tips in your breakroom. Ideas include stretching, walking outside, or practicing mindfulness.
- Play calming sounds in your breakroom.
- Ask employees to share what relaxes them at the office.

For the community:

- Create a social media post that encourages your followers to relax today.
- Invite them to comment about how they did it. You might get some great ideas for your team.

Monthly Observances

- National Immunization Awareness Month
- Neurosurgery Outreach Month
- Happiness Happens Month
- Summer Sun Safety Month

August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	4	5	6	7 Purple Heart Day	8 National Happiness Happens Day	9
10	11 National Son's and Daughter's Day	12 International Youth Day	13	14	15 National Relaxation Day	16 National Tell A Joke Day
17 National Nonprofit Day	18	19 World Humanitarian Day	20	21 National Senior Citizens Day	22	23
24	25	26 National Women's Equality Day	27	28	29	30 National Grief Awareness Day
31	1	2	3	4	5	6

September 2025

Intergeneration Month

Launched in 2000, Intergeneration Day was expanded to a month-long observance in 2012. It's important because we can learn from one another, better understand history, lessen generational stereotypes, and build unexpected friendships. Research shows when older adults volunteer with youth, benefits extend both ways. Intergenerational teams also add value to the workplace by bringing varying perspectives, and different strengths, skills and knowledge.



For the executive:

- Make a point to connect with older family members or mentors.
- Learn best practices for managing a multigenerational workforce.

For the workplace:

- Use diverse communication channels at the office.
- Participate in opportunities for staff to get to know each other.
- Consider reverse mentorship.

For the community:

- Share the benefits of intergenerational connections with clients.
- Volunteer at a youth program or retirement home.
- Seek volunteers of different ages to help at your events.

Monthly Observances

- Childhood Cancer Awareness
- Healthy Aging Month
- Intergeneration Month
- National Harvest Month
- National Hispanic Heritage Month

September 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

31	1 Labor Day	2	3	4	5 International Day of Charity	6 Read a Book Day
7 Grandparent's Day	8 International Literacy Day	9	10 Suicide Prevention Day	11	12 Mindfulness Day	13
14 National Sober Day	15 Natl Online Learning Day and Hispanic Heritage Month Starts	16 National Stepfamily Day	17	18	19	20
21 International Day of Peace and World Gratitude Day	22 September Equinox	23 National Voter Registration Day	24	25	26 Native American Day	27 National Family Health and Fitness Day
28 National Good Neighbor Day	29	30 National Love People Day	1	2	3	4

October 2025

Conflict Resolution Day

Whether in the workplace, among friends, or at home, it can sometimes be difficult to put aside differences and achieve a mutual understanding. However, conflict doesn't have to be an exclusively negative experience; participating in healthy conflict can help improve your communication, interpersonal, and feedback skills. There are several components to healthy conflict such as addressing potential conflict early, encouraging parties to focus on their similarities, and respecting varying perspectives.



For the executive:

- Role play conflict resolution strategies with a colleague if you need some practice.
- Take an emotional intelligence inventory and reflect on how the results may impact your work.

For the workplace:

- Facilitate a session to share conflict resolution strategies. Model those strategies when in meetings.
- Practice listening as an office by participating in engaging listening activities.

For the community:

- When you notice conflict among those you serve, share the resources available in the County. The Anne Arundel County Conflict Resolution Center is a great place to start.

Monthly Observances

- ADHD Awareness Month
- Bullying Prevention Awareness Month
- Depression Education and Awareness Month
- Domestic Violence Awareness
- Eat Better Together Month
- Health Literacy Month

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 World Vegetarian Day	2 Intl Day of Non-Violence	3 World Smile Day	4 World Animal Day
5 World Teachers' Day World Walking Day	6 National Child Health Day World Habitat Day	7	8 Walk & Roll to School Day	9	10 World Mental Health Day	11
12 National Farmers Day	13 Columbus Day and Indigeounous Peoples Day	14	15 Global Handwashing Day	16 Conflict Resolution Day and Boss's Day World Food Day	17 Intl Day for the Eradication of Poverty	18
19	20	21	22	23	24	25
26	27	28 National First Responder's Day	29	30	31 Halloween	1

November 2025

National Philanthropy Day

National Philanthropy Day celebrates the unsung heroes of the non-profit world; from volunteers to board members, founders to fundraising advocates, the holiday recognizes the individuals who donate their time, money, or talent. This is a day for accolades and applause. Are there any donors or volunteers who have met significant milestones or gone above and beyond the call of duty? Here are some ways to celebrate philanthropy.



For the executive:

- Donate to an organization that matters to you.
- Set a date to review your fundraising plan for the upcoming year.

For the workplace:

- Recognize a staff member or volunteer with a special award or citation that acknowledges their hard work.

For the community:

- Create an infographic that illustrates your organization's philanthropic data and include it in future reports.
- Call five of your donors and say thank you.

Monthly Observances

- Adoption Month
- American Diabetes Month
- Long-Term Care Awareness
- National Family Caregivers
- Native American Heritage Month

November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 National Family Day of Literacy
2 Daylight Saving Time Ends	3	4	5 National Eating Healthy Day	6	7	8
9 Go to an Art Museum Day	10	11 Veterans Day	12	13 World Kindness Day	14 World Diabetes Day	15 National Philanthropy Day
16 Intl Day for Tolerance	17 Natl Take a Hike Day	18	19	20 World Philosophy Day and Great American Smokeout	21	22
23	24	25 Int Day for the Elimination of Violence Against Women	26	27 Thanksgiving Day	28 National Day of Listening	29
30	1	2	3	4	5	6

December 2025

National Influenza Vaccination Week

Vaccinations are an important component of maintaining individual and societal health; receiving the flu vaccine is a simple way to protect your health and the health of those around you. From December 4th to 8th, some organizations may choose to promote the benefits of vaccination among their communities. If you feel comfortable doing so, encourage those close to you to schedule an appointment to receive the vaccine, while recognizing that some people will choose not to participate.



For the executive:

- Consider getting the flu shot. Your health is a priority, and receiving the flu shot is one way to keep you well during the cold and flu season so you can wrap up a busy year.

For the workplace:

- Promote the benefits of receiving the flu shot within the office.
- Offer employees an extra two hours off to focus on their health care needs.

For the community:

- Host a flu shot drive in partnership with other organizations. The Department of Health often looks for spaces to provide these services in the community. Does your organization have space?

Monthly Observances

- Food Service Safety Month
- National Stress Free Family Holiday Month
- Safe Toys and Gifts Month
- Seasonal Affective Disorder Awareness
- Universal Human Rights Month

December 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30	1 World AIDS Day	2 Giving Tuesday	3 Intl Day of Persons with Disabilities	4	5 International Volunteer Day	6
7 Pearl Harbor Remembrance	8	9	10 Human Rights Day	11	12 Intl Universal Health Coverage Day	13
14	15 Bill of Rights Day	16	17	18 International Migrants Day	19 National Ugly Sweater Day	20 Warm up for Games Day
21 Winter Solstice	22 Natl Cookie Exchange Day	23	24	25 Christmas	26 Start of Kwanzaa	27
28 Natl Call a Friend Day	29	30	31 New Year's Eve	1	2	3

