



# July is Social Wellness Month!

“Celebrate Social Wellness Month by nurturing your social relationships. Volunteer with a group. Call an out-of-state friend. Join a hiking club. Social wellness means nurturing yourself and your relationships.

It means giving and receiving social support - ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image. “ - University of Minnesota

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2
3 Therapeutic Recreation Week	4	5	6	7	8	9
10	11 Cheer Up the Lonely Day	12	13	14	15	16 Toss Away the “Could Haves” and “Should Haves” Day
17	18	19	20	21	22	23
24 31	25	26	27	27 International Day of Friendship	29	30

## Community Resources

- [Inner Peace CT](#)
- [The Healing in Harmony Center](#)
- [TOIVO](#)
- [HRA of New Britain](#)

## Online Resources

- [Developing Social Support](#)
- [Leaving Abuse](#)
- [Self-Esteem Games](#)
- [Importance of Social Wellness](#)
- [Social Wellness Assessment](#)

## Toolkits

- [Mindfulness](#)
- [Social Wellness Toolkit](#)
- [Dimensions: Work & Wellbeing Toolkit for Physicians](#)
- [Capitol Clubhouse Wellness Log](#)
- [Conflict Resolution Handouts](#)

#ChatWellness

#PowerofToday

#SocialWellness

#Wellness