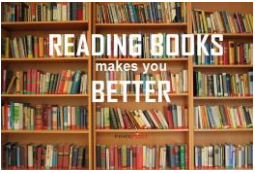
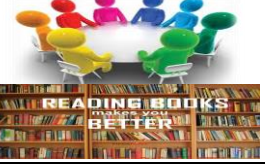


Mental Health America of East Central Florida, Inc.

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South Daytona, FL 32119
386 252-5785

MENTAL HEALTH AWARENESS MONTH

JANUARY 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4	5 HOLIDAY CLEAN UP 	6  	7  	1 CLOSED 	2 	3 
12	12 ROUND TABLE 	13 	14 	15 	16 	17
18	19 MLK JR 	20 Hygiene class 	21 CARDS 	22 ROUND TABLE 	23 	24
25 	26 LYLW 	27 PUZZLE DAY 	28 Round table 	29 	30 	31 