



# 16 DAYS OF ACTION TRAINING CALENDAR

From Surviving to Thriving; a focus on physical, emotional and mental health and wellbeing.

## NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25 <ul style="list-style-type: none"> <li>• <b>In-person:</b> <u>Domestic Abuse Ambassador Training (Men only session)</u></li> </ul>	26 <ul style="list-style-type: none"> <li>• <b>Virtual:</b> <u>Domestic Abuse and Pregnancy Training</u></li> </ul>	27 <ul style="list-style-type: none"> <li>• <b>Virtual:</b> <u>Domestic Abuse Ambassador Training</u></li> </ul>	28 <ul style="list-style-type: none"> <li>• <b>Virtual:</b> <u>Suicide First Aid Training</u></li> </ul>	29 <ul style="list-style-type: none"> <li>• <b>Virtual:</b> <u>Domestic Abuse and Suicide Training</u></li> </ul>	30

## DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 <ul style="list-style-type: none"> <li>• <b>Virtual:</b> <u>Suicide First Aid Training</u></li> </ul>	03	04 <ul style="list-style-type: none"> <li>• <b>Virtual:</b> <u>Domestic Abuse Ambassador Training</u></li> <li>• <b>Virtual:</b> <u>Domestic Abuse and Suicide Training</u></li> </ul>	05	06	07
08	09 <ul style="list-style-type: none"> <li>• <b>Virtual:</b> <u>Domestic Abuse and Pregnancy Training</u></li> </ul>	10	11	12	13	14