

# February

| Monday  | Tuesday                            | Wednesday                                 | Thursday                                 | Friday  |
|---|------------------------------------|---|--|---|
|   |                                    |   | 1  | 2   |
|   |                                    | NXT<br>Education<br>1pm - 3pm             |  |   |
| 5   | 6                                  | 7   | 8  | 9   |
|   | NXT<br>Education<br>1pm - 3pm      | Phoenix<br>Rising<br>Series<br>12pm - 1pm | Empower<br>Path<br>workshop<br>1pm - 3pm | FRC<br>Ribbon<br>Cutting<br>11am  |
| 12  | 13                                 | 14  | 15                                       | 16  |
| Pens<br>&<br>Pages<br>1pm - 3pm   | NXT<br>Education<br>1pm - 3pm      |   | Cooking<br>with K!<br>1pm - 3pm          |   |
| 19  | 20                                 | 21  | 22                                       | 23  |
|  | NXT<br>Education<br>1pm - 3pm      |   | Know Your<br>Rights<br>1pm - 3pm         |  |
| 26  | 27                                 | 28  | 29                                       |   |
| ManCave<br>1pm - 3pm  | Sex Ed:<br>Consent<br>1pm - 2:30pm |   | Brush<br>Hour<br>1pm - 3pm               |   |

### Suicide Prevention Crisis Hotlines

If you or someone you know is thinking about suicide or in emotional distress, we encourage you to reach out for help:

**988: text or call**

Free and confidential emotional support available 24/7

**The Trevor Project: Call 1-866-488-7386 | Text 678-678**

Free and confidential emotional support available 24/7 for LGBTQ young people

**Trans lifeline: Call 1-877-565-8860**

Provides trans peer support; run by and for trans people. Available 24/7.

Going through a tough time?

Are you or someone struggling with mental health and/or substance use?

Call or text 833-773-2445

MR Behavioral Health Helpline

**Youth Housing Hotline**  
if you are under 25, call  
413-316-4979

IMPACT  
CENTER