

WHAT'S HAPPENING?

- **Aug 1st** – Free Tai Chi class for all ages in Ryckman Park from 9:30-11:15am. Every Friday!
- **Aug 2nd** – Brevard Morning Mindfulness Group; Free beach mindfulness event from 8:30-9a. Meets at the blue building closest to Nance Park. Every 1st & 3rd Saturday!
- **Aug 2nd** – Back to School Backpack Giveaway at the Eddie Lee Taylor Community Center from 10a-2p; Free event with games, prizes, haircuts, community resources, and backpacks with supplies for each child (child must be present)!
- **Aug 2nd** – Artist Day event at Famous Faces & Funnies from 12-5pm; Get sketches from artists involved in the "Cthulhu Invades" series!
- **Aug 2nd** – Free Movie in the Park at Sacrifice Park from 8-10pm showing DogMan (PG)!
- **Aug 3rd** – Hightower Beach Cleanup; Free beach cleanup volunteer event at 9am at Hightower Beach Park. Occurs every 1st Sunday!
- **Aug 3rd** – Ranger-Led Tour of Turkey Creek; Free tour of the Turkey Creek Sanctuary from 10-11a. Occurs 1st & 3rd Sunday each month (excluding holidays)!
- **Aug 4th** – Family Movie Night at Port St John Public Library from 4-6pm. Free kid-friendly movie and free popcorn. Every Monday!
- **Aug 4th** – Fitness Society & Pineapples Run Club; Social group that meets to run, jog, or walk while meeting new people. Kids and dogs welcome! Starts at Pineapples in Eau Gallie from 6:30-7:30pm. Every Monday!
- **Aug 5th** – National Night Out; Free family event at Fred Poppe Regional Park from 5-7:30pm; Enjoy food trucks, kid zones, live music, and police displays and demonstrations!
- **Aug 6th** – Free Music Bingo at Malabar Mo's every Wednesday at 7pm with prizes!
- **Aug 6th** – Trivia Night; Free to play trivia event hosted by Space Coast Elite Entertainment at Iron Oak Post from 8-11p. Every Wednesday!
- **Aug 6th & 7th** – Melbourne Municipal Band presents free concert: A Musical Expedition at the Melbourne Auditorium from 7-9p. Music from all around the world.
- **Aug 7th** – Sunset Yoga; Free event at 6pm at Ryckman Park. Every Thursday!
- **Aug 8th** – Friday Night Live; Free outdoor family event at the West Melbourne Community Park from 4-8p. Occurs the 2nd Friday each month!
- **Aug 8th** – Game Night at Moonstruck Market from 6-8pm; Bring your own games, or use ours! All ages welcome. Occurs every 2nd Friday!
- **Aug 8th** – Full Moon Beach Yoga; Free event for all ages and skill levels at the Indialantic beach access closest to James A. Nance Park from 7:30-9pm!
- **Aug 9th** – Free Puzzle Swap at the Moonstruck Market from 12-2pm!
- **Aug 9th** – Full Moon Drum Circle at the Indialantic Beach at James A. Nance Park at 6pm.
- **Aug 9th** – Space Coast Back to School Glow Fest at Space Coast Harley Davidson; Donated school supplies available from 4-7p, and glow in the dark foam party from 7-10p with vendors, DJ's, activities, and laser show.
- **Aug 10th** – West Melbourne Community Park market from 10a-3p. Every 2nd Sunday!
- **Aug 10th** – Melbourne Oddities Expo at the Melbourne Auditorium from 12-4p; Free admission, all indoors, over 100 oddities vendors!
- **Aug 12th** – Cops N' Cones; Join the Palm Bay Police Department at the Dairy Queen on Malabar from 3:30-5:30pm to meet local police, tour patrol cars, and get a free ice cream for each child!
- **Aug 15th** – Craft Night at Moonstruck Market from 6-8p; Bring your own project to work on while chatting with other crafters! All crafts are welcome! Occurs every 3rd Friday!
- **Aug 16th** – Back to School Carnival Kickoff at the Field of Dreams Park in West Melbourne from 9a-12p with free games, activities,
- **Aug 23rd** – Indoor Flea Market at the Palm Bay Senior Center from 11a-3p.
- **Aug 31st** – Cookies & Crime True Crime Book Club at Degroodt Library; Reading "Columbine" by Dave Cullen, must be 18+ years, cookies and refreshments provided.
- **Don't forget to check online for other local events through city event calendars, local library event calendars, or social media!!!**

August is National Wellness Month!

National Wellness Month is an opportunity to focus on improving mental and physical wellbeing, and raise awareness about the importance of self-care and wellness initiatives. Check out the other side of this newsletter to explore different domains relating to wellness and self-care, and learn about healthy ways to care for yourself!

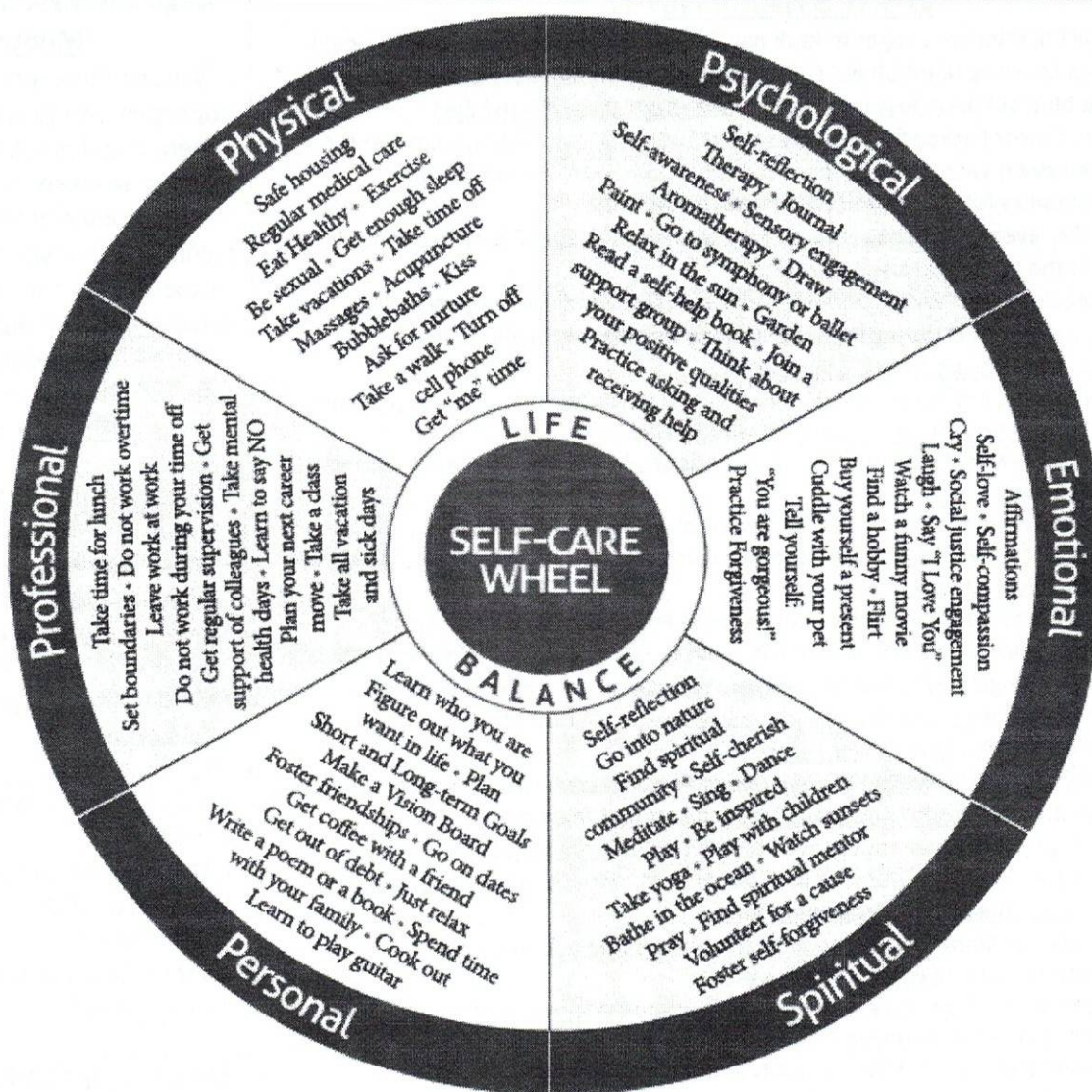
Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

Free Social/ Support Groups:

- NAMI Virtual Recovery Mental Health Support Group – Meets via Zoom each Tuesday from 6-7:30pm (For details, email namibrevard@gmail.com)
- DBSA Online Support Groups – Meets daily via Zoom (visit dbsalliance.org/support to find groups)
- Good Company Gatherings – A free gathering to meet new friends and support each other – Meets on the 3rd Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

AUGUST WELLNESS CHALLENGE



*Created by Olga Phoenix Project: Healing for Social Change (2013). Graphic pulled from www.OlgaPhoenix.com

August Monthly Journal Prompt:

Review the Self-Care Wheel above to learn about the domains of wellness. Are you more active in or attentive to certain domains of self-care? What domains do you feel like might need more attention or effort from you? For each domain, make a list of the self-care habits you are using now, the self-care habits that you would like to use but are not currently practicing, and identify the obstacles that are keeping you from practicing these habits. What solutions can you identify to address the obstacles listed? Create a plan that will help you to engage in self-care habits within each domain on a regular basis to promote wellness in all aspects of life. **You deserve it!**

August Mental Health Book Recommendation:

"Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, Declutter Your Mind, and Focus on the Present" by Nick Trenton
(Check out the companion workbook that goes along with the book: "Official Workbook for Stop Overthinking"!)

August Monthly Affirmation:

"I choose to prioritize my own needs and wellbeing, and cultivate a healthy lifestyle."

August Monthly Self-Help Tool:

The Finch Self-Care App is designed to help users build healthy habits and routines by caring for a virtual pet when self-care tasks are completed in real life.