GIVINGTUESDAY

SASSMM — Sexual Assault Support Services of Midcoast Maine

S	M	T	W	T	F	S
1 Take a Walk	**2** Start a Game Exchange	**3** Celebrate the Right to Vote	**4** Write Thank You Notes	**5** Help Make School a Success	**6** Learn About Something New	**7** Support the Arts
8 Do Something for the Neighborhood	**9** Talk to Friends and Family about Racism	**10** Promote Healthy Sexuality	**11** Honor a Veteran	**12** Become a Better Ally	**13** Offer Kindness	**14** Support Kids in Foster Care
15 Commit to Conservation	**16** Harm Reduction Awareness	**17** Reach Out to Older Neighbors	**18** Promote Reading	**19** Normalize Conversations About Mental Health	**20** Support the LGBTQ+ Community	**21** Promote Suicide Awareness
22 Help a Family in Need	**23** Find Balance	**24** Create Virtual Boundaries	**25** Raise Awareness About SV & DV	**26** Give Thanks	**27** Create Healing Through Art	**28** Support Local Businesses
29 Share Your Time	**30** Become an Active Bystander					

NOVEMBER 2020
DO GOOD CHALLENGE