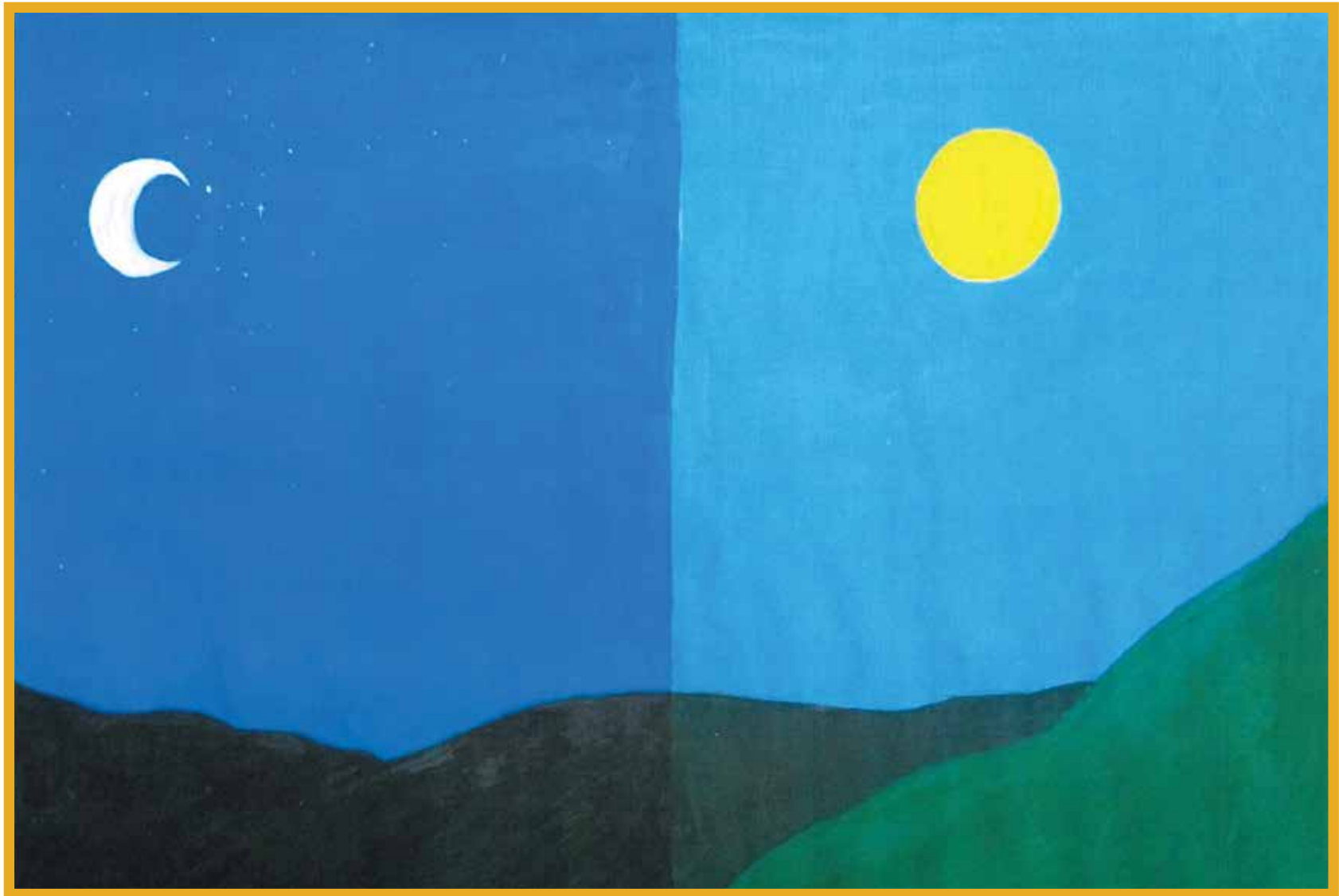


2023 Recovery Calendar

What Makes Us Unique



About the Recovery Calendar

This year's calendar theme is **What Makes Us Unique**. The featured artists and poets are members of a wide spectrum of Telecare programs, geographic areas, and varying levels of care who submitted their work as a way to reflect their thoughts and feelings about where resilience resides in their lives and on their recovery journeys. **The names and spelling for each artist and poet credited in this year's calendar is provided with their consent.**



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Calendar Resources

Each year, there are many opportunities to observe and celebrate diversity, individuality, and inclusivity. The dates recognized in Telecare's 2023 Recovery Calendar are sourced from publications by the United Nations, and the Anti-Defamation League. Many cultures and religions follow a traditional calendar system that is often based on the phases of the moon with occasional adjustments for the solar cycle. Specific dates may vary by geographical location and according to different sects within a religion.

For more resources, please visit the links below:

- **UN International Days:** www.un.org/en/sections/observances/international-days/
- **Anti-Defamation League:** www.adl.org/education/resources/tools-and-strategies/calendar-of-observances

Telecare's Cultural Humility, Equity, and Inclusion Statement

As a family- and employee-owned organization, we are committed to respect, growth, and partnership. We believe our investment in cultural humility, equity, and inclusion (CHEI), as a strategic priority will allow us to help live our values more fully and grow to be a more effective and powerful provider.

For more information, please visit the link below:

Telecare's Diversity & Inclusion: www.telecarecorp.com/diversity-inclusion

Telecare's Mission

Telecare's mission is to deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes, and dreams.

For more information, visit Telecare's website or follow us online:

www.telecarecorp.com

www.facebook.com/telecarecorp

www.instagram.com/telecarecorp



Artwork by Gaylynne Dotson

Check-In

this month, I will:

Note to Self

This land is your land, this land is my land
From California to the Atlantic Ocean
Where you can go swimming, boating, and fishing
This land was made for goldfish.

This land is your land, this land is my land
From the Atlantic Ocean to Hawaii
I grew up there, and love the cultural dances
This land was made for Luau parties.

This land is your land, this land is my land
From Hawaii to India
Where people are respectful and religious
This land is where you'll find the Taj Mahal.

This land is your land, this land is my land
From India to Eritrea
With beautiful islands in the Red Sea
This land is made of beautiful culture.

This land is your land, this land is my land
From Eritrea to England
Oxford, Cambridge, the Beatles, and Mini Skirts
This land was made for tea and crumpets.

This land is your land, this land is my land
From England to California
With friendly people and good music
This land was made for you and me.

Lyrics by: Glen, Aifai, Zee, Tsehainesh, and Sheila

January 2023

Cervical Cancer Awareness Month
 Thyroid Cancer Awareness Month
 National Slavery and Human Trafficking Prevention Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day	2	3	4 World Braille Day	5	6	7 Mahayana New Year Begins
8	9	10	11 Human Trafficking Awareness Day	12	13	14
15 Makar Sankranti World Religion Day	16 Dr. Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27 International Holocaust Memorial Day	28
29	30	31	Feb 1	2	3	4



Artwork by Michael Fuller

Check-In

this month, I will:



Artwork by Anna A.

Note to Self

February 2023

Black History Month
 American Heart Month
 National Cancer Prevention Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 National Freedom Day	2 Groundhog Day	3	4 World Cancer Day
5	6 Tu B' Shvat	7 Safer Internet Day	8	9	10	11
12	13	14 Valentine's Day	15 Susan B. Anthony Day Nirvana Day	16	17 Random Acts of Kindness Day	18 Maha Shivaratri
19	20 Presidents' Day World Day of Social Justice National Eating Disorders Awareness Week Begins	21 Mardi Gras Festival	22 Lunar New Year Ash Wednesday	23	24	25 Ayyam-I-Ha
26 National Eating Disorders Awareness Week Ends	27	28	March 1	2	3	4

Age Came

He came to pieces
the great
I cried age to me
game was
He was the man

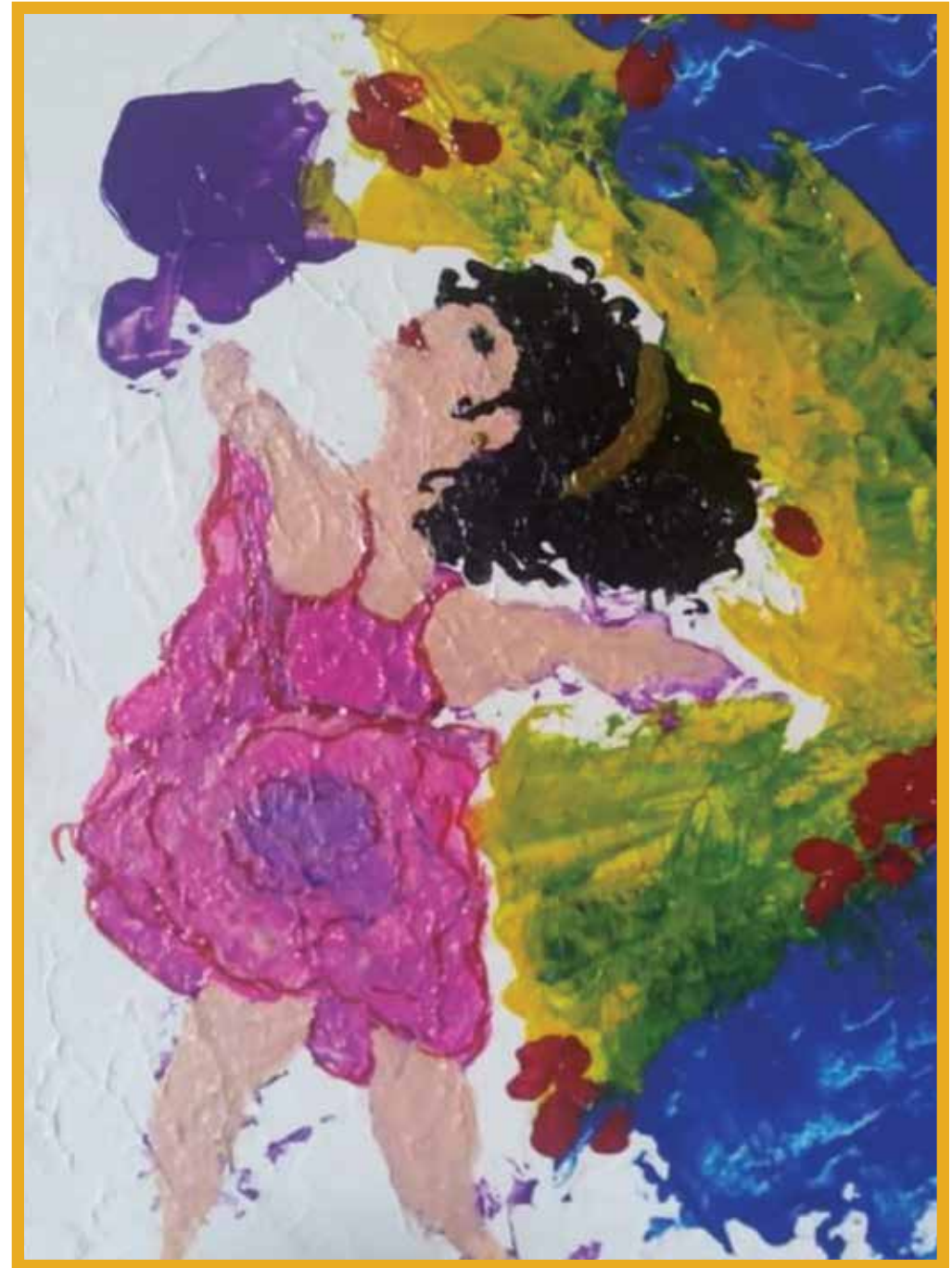
He said I love you
game came
I was game
The man who was great.

Poetry by Bernadette

Check-In

this month, I will:

Note to Self

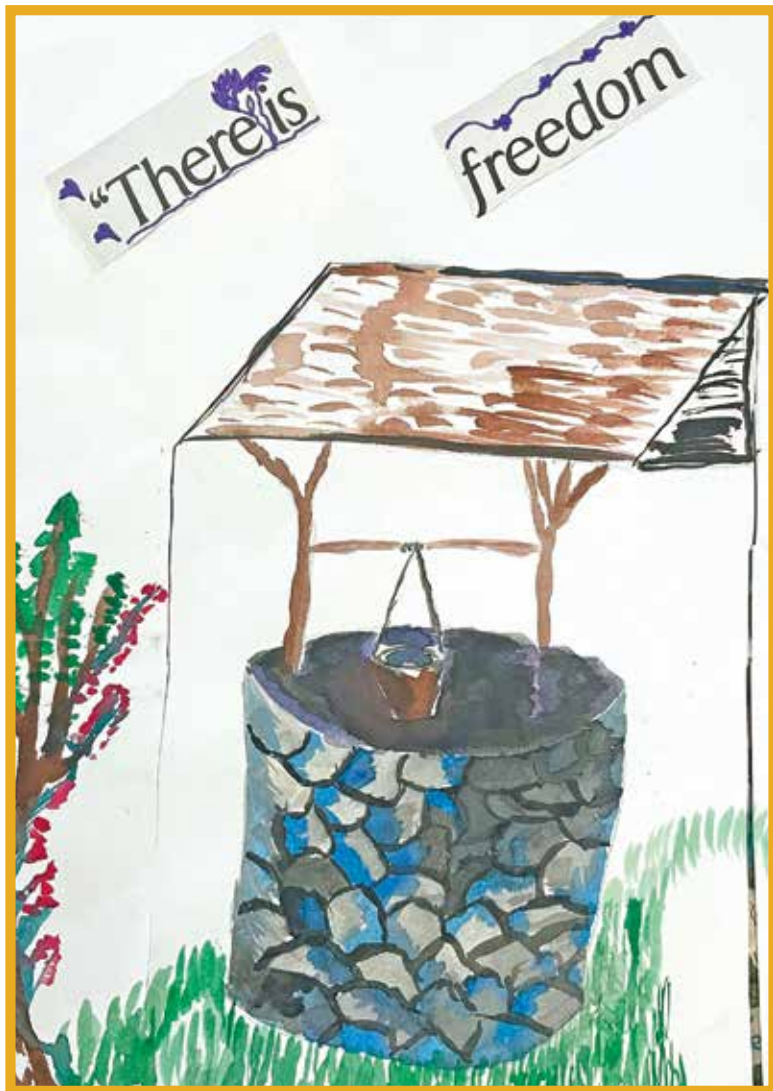


Artwork by Anonymous

March 2023

Women's History Month
Self-Harm Awareness Month
Endometriosis Awareness Month

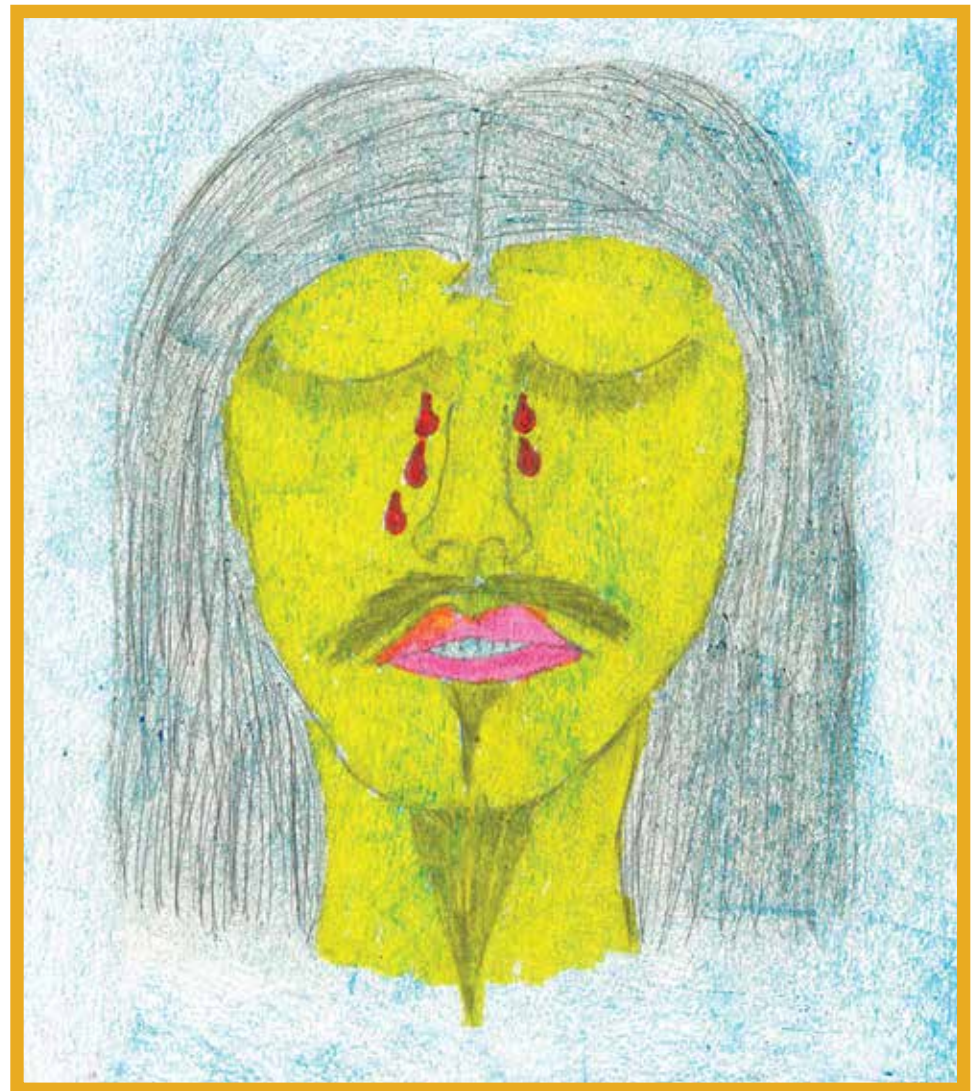
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 Employee Appreciation Day	2	3 World Wildlife Day	4
5	6 Purim Begins	7 Purim Ends	8 Holi Hola Mohalla International Women's Day	9	10	11
12 Daylight Saving Time Begins	13	14	15	16	17 St. Patrick's Day	18
19	20 Vernal Equinox International Day of Happiness	21 World Down Syndrome Day International Day for the Elimination of Racial Discrimination	22 Ramadan Begins	23	24	25
26	27	28	29	30 World Bipolar Day	31 Cesar Chavez Day	April 1



Artwork by Anonymous

Check-In

this month, I will:



Artwork by Ben J. Lezine

Note to Self

April 2023

Genocide Awareness Month
Arab American Heritage Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 April Fool's Day National Stress Awareness Day
2 Palm Sunday	3	4	5 Passover Begins	6 Theravada New Year	7 Good Friday	8
9 Easter Sunday	10	11	12	13	14 Vaisakhi Day of Silence	15
16	17 Yom Hashoah Begins	18 Laylat Al-Qadr	19	20	21	22 Earth Day
23	24	25	26	27	26	29
30 Rama Navami Loyalty Day	Armenian Martyrs Day					



Artwork by Sylvia

Check-In

this month, I will:

Note to Self

May 2023

Mental Health Awareness Month
 Jewish American Heritage Month
 Asian/Pacific American Heritage Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 World Maternal Mental Health Day	2	3	4	5 Cinco de Mayo Visakha Puja	6 National Nurses Week Begins
7	8	9	10	11	12	13
14 Mother's Day National Skilled Nursing Care Week	15	16	17	18	19	20 Armed Forces Day
21 Eid Al-Fitr World Day for Cultural Diversity	22	23	24	25	26 Shavout	27
28	29 Memorial Day	30	31	June 1	2	3



Artwork by Taylor Adams

Check-In

this month, I will:

Note to Self

Untitled

A level of sanity
A sense of reality
An open heart
A mindful sense of humor
A self respect
A love of others
A relationship with God
A hand in recovery

Poetry by Antjuan Newman

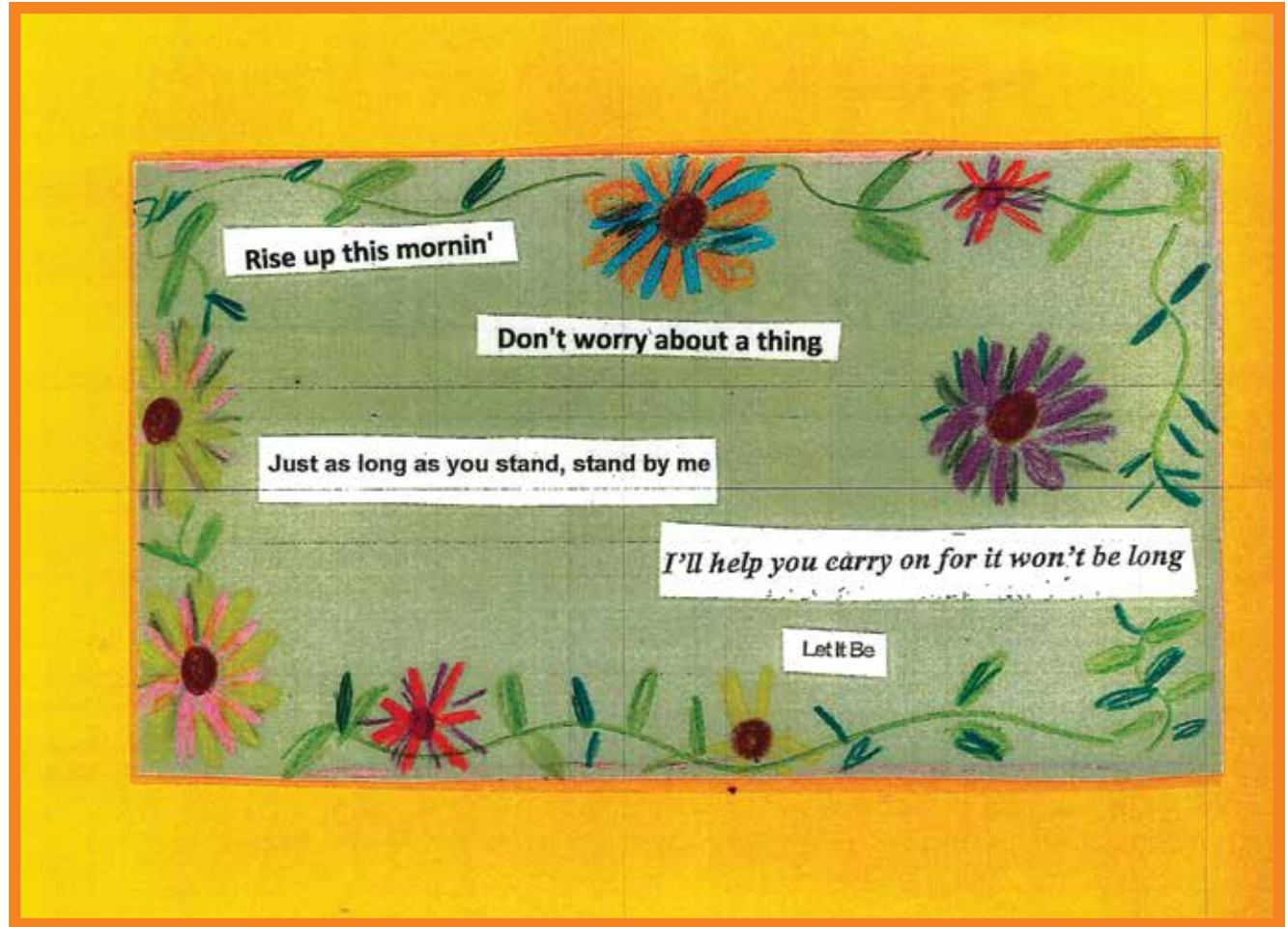
June 2023

LGBTQIA2S+ Pride Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5 World Environment Day	6	7	8	9	10
11 All Saints' Day	12 Loving Day	13 Flag Day	14	15	16	17
18	19 Juneteenth Father's Day	20 World Refugee Day	21 Summer Solstice	22	23	24
25	26	27 PTSD Awareness Day	28 Eid Al-Adha Begins	29	31	July 1

Check-In

this month, I will:



Note to Self

Artwork by Shawna Tines

July 2023

BIPOC Mental Health Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Dharma Day	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Muharram	20	21	22
23 Parents' Day	24	25	26	27	28	29
30 World Day Against Trafficking Persons	31		Americans with Disabilities Act (ADA) Day		Ashura	

Check-In

this month, I will:

Note to Self



Artwork by Justin T.

**“To me, unique means listening
to your own instinct.
Instinct is your home training
from your earliest years.”**

— Elisa

August 2023

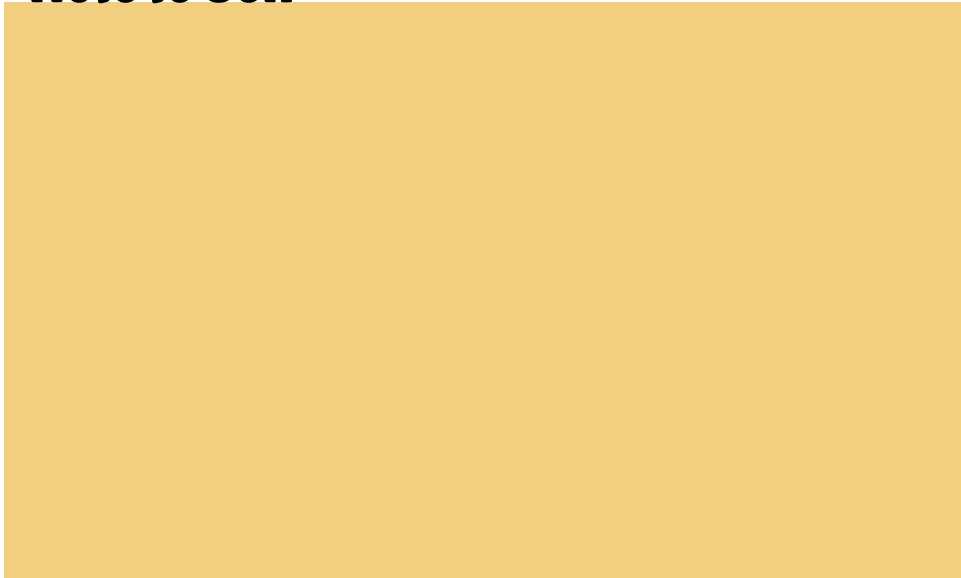
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6 Krishna Janmashtami	7	8	9 International Day of the World's Indigenous Peoples	10	11	12 International Youth Day
13 Obon	14	15	16	17	18	19 Ganesh Chaturhi
20	21 Senior Citizen Day	22	23 International Day for the Remembrance of the Slave Trade and Abolition	24	25 Tisha B'Av Begins	26 Tisha B'Av Ends Women's Equality Day
27	28	29	30 Raksha Bandhan	31	Sep 1	2



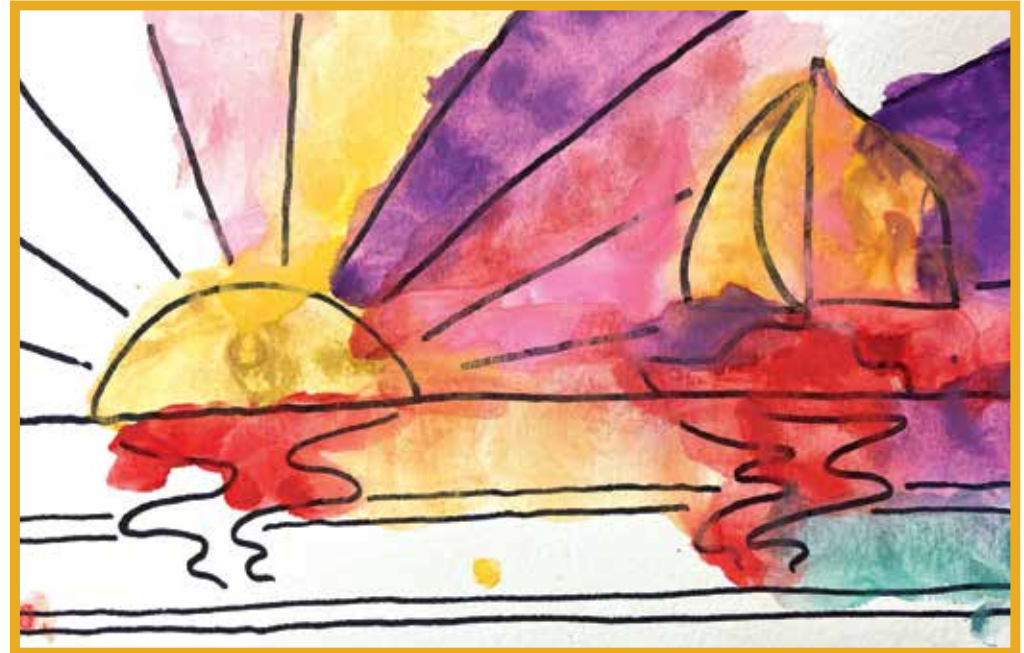
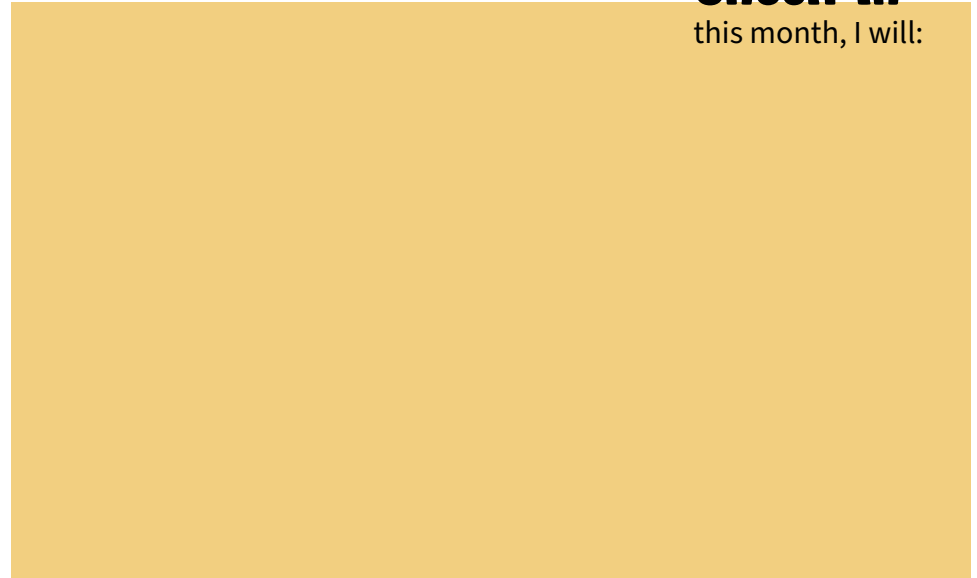
Fall Begins
So we almost transferred into the
next season of our lives. Throughout
all different directions we continue
within this crazy mixed up life. Along
this empty shoreline we all learn
how to grow within time. I
sometimes wish I could be all alone.

Artwork and poetry by Michael Aaron Austin

Note to Self



Check-In
this month, I will:

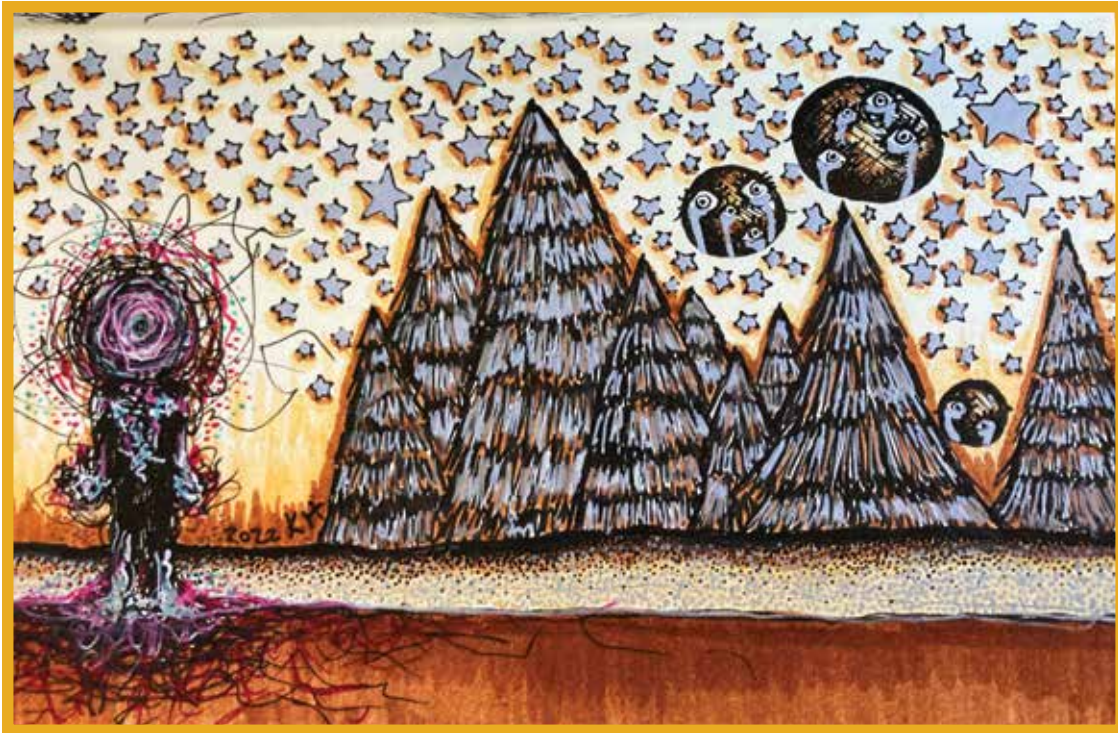


Artwork by Rebecca Salazar

September 2023

Recovery Month
 Hispanic Heritage Month
 National Suicide Prevention Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 Labor Day	5	6 Jayanti	7	8	9
10 National Grandparents Day Suicide Prevention Awareness Week Begins World Suicide Prevention Day	11	12	13	14	15 Hispanic Heritage Month Begins Rosh Hashana	16
17 Constitutional Day Citizenship Day	18	19	20	21	22 Native American Day (CA)	23 Autumnal Equinox Bi Visibility Day
24 Yom Kippur	25	26	27	28	29	30 Sukkot



Artwork by Kathryn Hinckley

What is My Unique Person?

I am a unique person
I love to help myself
I love helping others
I love office work
I love to exercise
I am proud of myself for using my coping skills
I love being a role model
I'm a great leader
I love to read and write
I love math and spelling
All educational subjects, really.

Poetry by Sueann

Check-In

this month, I will:

Note to Self

October 2023

LGBTQIA2S+ History Month
Filipino American History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 International Day of Non-Violence	3	4	5 World Teacher's Day	6 Shemini Atzeret	7 Mawlid Al-Nabi
8	9 Indigenous People's Day	10 World Mental Health Day	11 Coming Out Day	12	13	14
15 Navratri	16 Hispanic Heritage Month Ends	17 International Day for the Eradication of Poverty	18	19	20	21 Sweetest Day
22	23	24 Dussehra/Dassera	25	26	27	28
29	30	31 Halloween	Nov 1	2	3	4



Artwork by Vanessa Castaneda

Check-In

this month, I will:



Artwork by James Paul A.

Note to Self

November 2023

National Caregivers Month
 Native American Heritage Month
 Pancreatic Cancer Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 All Saints Day Dia de los Muertos First Day of American Indian Heritage Month	2	3	4
5 Daylight Savings Time Ends	6	7 Election Day	8	9	10	11 Veterans Day
12	13 Transgender Awareness Week Begins Hunger and Homeless Awareness Week	14	15	16	17	18
19	20 Transgender Day of Remembrance	21	22	23 Thanksgiving Day	24 Native American Heritage Day	25
26	27 Guru Nanak Dev Ji's Birthday	28	29	30	Dec 1	2

Check-In

this month, I will:

Note to Self

The Walk of the Refugee

I walked past the trees that stood on one foot; guarding the Peace of the world. The Peace came as a white, fluffy blanket that tenderly covered the heels, streets and roofs.

The mushroom houses winked slyly at me, but their smiles were set—artificial. The lanterns, they too, seemed hostile and strange. And the people—quite cold, superficial. And I wanted away from them all. Away from the foreign and unfriendly.

A dog on my path sniffed the snow deeply, searching for my cause of sorrow. He looked in my eyes and understood—as it uncertainly followed. And so, we walked through the wet and the desolate streets.

The trees stretched their long-fingered palms and offered beauty to a world that would not notice, nor want. And the pines, like the girls with new hairdos, stood stiffly aware of the sugary curls.

And the grey sky was leaden and low. The tall trees with snow stood proud—secure for they knew that they fit into a priceless picture. But the ones with the leaves, stood ashamed of themselves—of their clothes that were odd and ridiculous.

There were some that were young and rebellious. They shook off the snow, leaving leaves that would never recapture the summer. And I looked at them all, as I climbed up the hill that was slowly approaching—placing my footprints that came from another direction.

And the sadness was misting my eyes.
I lifted my feet very slowly. For, I too, was a tree caught in snow—
clinging the dry useless leaves.

I too, did not fit.

Claudia Pilutik

December 2023

Flu Vaccine Awareness Month
HIV and AIDS Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	31	1 World AIDS Day	2
3 International Day of Persons With Disabilities	4	5 International Volunteer Day	6	7 Pearl Harbor Remembrance Day Chanukah/Hanukkah	8 Bodhi Day	9
10 Human Rights Day	11	12	13	14	15	16
17	18	19	20	21 Winter Solstice	22	23
24	25	26	27	28	29	30
31 New Year's Eve	Christmas Day	Kwanzaa			Wounded Knee Day	New Years Eve



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