



# FEBRUARY

# Black History Month

## THE MONTHLY THRIVE



**FAMFEST**  
Promoting Resilient Families  
A no cost event

**SAVE THE DATE**

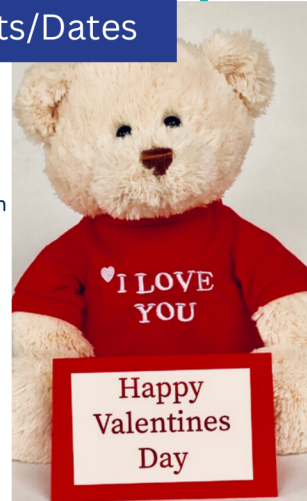
**March 16, 2024**  
McLarty Park  
790 Barton Blvd  
Rockledge FL 32955

### FamFest

Lifetime Counseling Center's Thrive Within campaign will be hosting "FamFest," an event promoting resilient families, at McLarty Park. This event will use games and activities to increase family engagement, bonding, and relationship building within family units. Click [HERE](#) to register for this no cost event today.

### Community Events/Dates

- 2/2 - Groundhog Day
- 2/10 - Sensory Sensitive Valentine's Social
- 2/11 - Publix Florida Marathon
- 2/14 - Valentine's Day
- 2/18 - Eye of the Dragon 10K & Tail of the Lizard 2 Miler
- 2/24 - Titusville Community Bike Ride



Click [HERE](#) to view more community events

### Fall In Love With Being You

Who's better to love you than yourself. Valentine's Day isn't just about showing love for others, but also for yourself. Here are some ideas to show some selflove this month:

- Prioritize yourself
- Forgive yourself
- Do something you truly enjoy
- Write a letter to yourself
- Write down the things you appreciate about yourself
- Wear something that makes you feel good
- Create an affirmation jar
- Check in with your physical and mental health
- Take yourself on a date

### Relationship Red Flags

With love in the air this month, it's important to always be on the look out for red flags in relationships. Whether it's a romantic partnership, a friendship, or a family relationship, look out for some of these concerning traits:

- Controlling behavior
- Disrespect of boundaries
- Unwillingness to compromise
- Physical, emotional, mental abuse
- Lack of communication
- Gaslighting
- Lack of trust
- Extreme jealousy



Lifetime Counseling Center

**988** SUICIDE & CRISIS LIFELINE

*A Journey to Resilience*

A program of Space Coast Health Foundation & Lifetime Counseling Center