



# JANUARY 2024

# Happy New Year

## THE MONTHLY THRIVE



### FAMFEST

Promoting Resilient Families

SAVE THE DATE

March 16, 2024

McLarty Park  
790 Barton Blvd  
Rockledge FL 32955



A Journey to Resilience  
A program of Space Coast Health Foundation & Lifetime Counseling Center

### FamFest

#### SAVE THE DATE

On March 16th, Lifetime Counseling Center 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. FamFest is a free event. More details to come!

### Community Events/Dates

- 1/1- Happy New Year
  - 1/13- MLK Parade & Festival
  - 1/13- It's Just Yoga Health & Fitness Festival
  - 1/15- Martin Luther King Jr Day
  - 1/21- Soca Reggae 5K & Wellness Festival
  - 1/27- Run For Kids Race Challenge 2024
- Click [HERE](#) for more community events

## MARTIN LUTHER KING DAY

### Reflecting on 2023

Self-reflection is a great practice to start off the new year. Ask yourself these questions:

- How have I grown this past year?
- What was my favorite memory from this past year?
- Who's been here for me this year?
- What's been my biggest achievement?
- When was I at my happiest?
- What lessons will I carry from this year?
- What was my biggest challenge this year?
- What do I want to let go of from this year?

### New Year New Goals

The start of a new year is a great time for setting new goals. It's important to set realistic goals and to remember that you can always change your goals throughout the year. Here are some ideas for healthy and reasonable goals:

- Move your body for 15-30 min a day
- Improve your time management
- Read more
- Spend more time outside
- Drink more water
- Plan a weekly/monthly/yearly budget
- Try meal planning
- Practice weekly positive affirmations
- Try a new hobby



Lifetime Counseling Center

988 SUICIDE & CRISIS LIFELINE

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