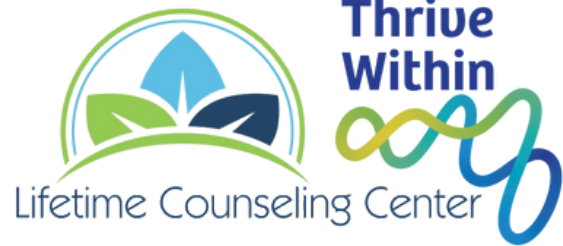


# The Monthly Thrive



APRIL 2024



•HELLO•  
April

## Child Abuse Prevention Month

April is Child Abuse Prevention Month! That means this month is spent recognizing the importance of our community working together to prevent the abuse and neglect of children. Every case of abuse or neglect is different, this means some cases are easily recognized, while other cases may go on for years before someone reports the situation. Regardless of what the situation is, if you have a suspicion that a child is being abused or neglected, it is best to call the abuse hotline at [1-800-962-2873](tel:1-800-962-2873), or you can report online [HERE](#).

One of the best ways to help prevent child abuse is to educate yourself on types of abuse and neglect, and to learn what signs and symptoms to look out for. Abuse can be physical, sexual, emotional, medical, or neglect, and one of the biggest signs to watch for is a sudden change in a child's behavior. Read more about the types of abuse, as well as signs and symptoms [HERE](#).



## Dates and Events



- 4/3 - Child Abuse Prevention Task Force (CAPTF) Fundraiser
- 4/5 - Wear Blue for Child Abuse Prevention Month
- 4/20 - Superhero 5K
- 4/22 - Earth Day

Click [HERE](#) for more community events



## Earthing for Earth Day

How often do you go outside? Although we often say that we love to do outdoor activities, we probably don't go out as often as we could. Aside from the benefits we get from the sun, there are benefits from physically touching the ground. This is called "Earthing" or grounding. This practice comes from the theory that the electrical charges from the Earth can help to balance our health, body, and mood. While you receive energy from the Earth, your body releases energy. Grounding can be walking barefoot, lying in the grass, running your hands through the dirt or anything that consists of being outside with your body touching the Earth. With the celebration of Earth Day this month, it can be a great opportunity to add 10 or even just 5 minutes of "Earthing" to your daily routine!