



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

Community Events/Dates

- 3/2 - 3/3 - Cocoa Village Arts & Craft Fair
- 3/10 - Daylight Savings
- 3/16 - FamFest
- 3/17 - St. Patrick's Day
- 3/20 - First day of Spring
- 3/25 - 3/29 - BPS Spring Break
- 3/31 - Easter

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

Spring Cleaning

Did you know that Spring Cleaning can have positive effects on your mental and physical health? It can help you to be more productive, feel accomplished, and less stressed! Here are some tips and ways to practice Spring Cleaning:

- Don't tackle the whole house at once
- Clean out the pantry, fridge and freezer
- Go through drawers and closets
- Declutter a little at a time
- Clean a different area each week
- Donate/throw out unused items
- Change your air filter



Spring Forward with Sleep Hygiene

Daylight Savings Time begins March 10th. Help yourself tackle the sleep changes with healthy sleep hygiene. Try this:

- Develop a relaxing and consistent bedtime routine
- Make your room quiet, cool, and dark
- Avoid electronics up to 30 minutes before bed
- Avoid alcohol and heavy meals before bed
- Don't bring work/school to bed
- Go to sleep and wake up at the same time each day

FamFest

FAMFEST
Promoting Resilient Families

Saturday, March 16, 2024
10:00am - 2:00pm

McLarty Park
790 Barton Blvd
Rockledge FL 32955

A no cost event

You're invited for a day of fun, as we get back to the basics of family engagement. We will have activities and games centered around building bonds, resilience, and relationships as a family!



Scan to register for this no cost event.