

# The Monthly Thrive



**Thrive Within**  
By Lifetime Counseling Center

**APRIL 2025**

## Child Abuse Prevention

During the month of April we recognize Child Abuse Prevention Month. Throughout the month you may notice different agencies hosting events centered around preventing child abuse. You may also notice pinwheels being planted around the county to raise awareness about this important issue. Preventing child abuse is the responsibility of all of us as a community. If you're not already aware, please consider spending some time this month learning about the signs of child abuse and neglect.

If you suspect abuse or neglect of a child, contact the Florida Abuse Hotline at [800-962-2873](tel:800-962-2873).



## Houseplants for Health

While we celebrate Earth Day this month and while some of us might be diving into spring cleaning, why not use this month to add some plants to our homes? Being outside in nature has many benefits, but did you know there are also benefits from having houseplants? Adding houseplants to your home or work setting can help to:

- Reduce stress
- Reduce symptoms of anxiety and depression
- Boost productivity
- Promote recovery
- Increase job satisfaction
- Improve air quality
- Improve attention and concentration
- Boost creativity

**A note of caution:** When choosing plants to add to your home, it's important to be mindful of allergies. It will also be important to research which plants are toxic to pets so they can be kept out of reach or not added to the home.

## Dates and Events

- **Child Abuse Prevention Month**
- **Sexual Assault Awareness Month**
- 4/1 - April Fool's Day
- 4/5 - Arbor Day Plant Market
- 4/15 - Tax Day
- 4/20 - Easter
- 4/22 - Earth Day
- 4/26 - Run or Walk Against Child Abuse



Click [HERE](#) for community events and links

**988** SUICIDE & CRISIS  
LIFELINE

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