

The Monthly Thrive



Thrive Within
By Lifetime Counseling Center

APRIL 2026

Free Community Trainings

Over the next two months, clinicians from Lifetime Counseling Center will present training workshops that are free to the public. Some trainings will have CEUs available.

Thriving Community: Supporting a Culture of Wellness

- Two sessions in person on April 23rd and 30th
8:30am - 12:00pm

Trauma Informed Care: Understanding Trauma

- Virtual or in person on May 15th 8:45am - 12pm

Scan the QR code to register or see attached flyer for additional details. We look forward to seeing you there!



Register now!



Child Abuse Prevention Month

During this month you might notice blue pinwheels around the community. This is because April is Child Abuse Prevention Month. This month is about bringing awareness about child abuse and the ways that we can prevent it.

The pinwheel is a happy and uplifting symbol of childhood and represents efforts to create healthy development for children. These pinwheels are a reminder that it is on us, as a community, to create healthy environments for children.

If you're not already aware, please consider spending some time this month learning about the signs of child abuse and neglect, and learning how you can help prevent child abuse.

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

Dates and Events

- 4/1 - April Fools Day
- 4/1 - Passover
- 4/5 - Happy Easter
- 4/10 - National Wear Blue Day
- 4/11 - 4/12 - Space Coast Strawberry Festival
- 4/22 - Earth Day
- 4/23 and 4/30 - Thriving Community Part 1 and 2 training at The Center for Collaboration



988 SUICIDE & CRISIS
LIFELINE

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