



Concern Talks Calendar 2026

(Topics, dates and times subject to change based upon local, national or world events)

Tuesday's Link: Click here to Join the meeting now Meeting ID: 218 765 441 993 31 Passcode: GR2vF9Yi Phone: +1 901-440-4286,,289014788#		
Thursday's Link: Click here to Join the meeting now Meeting ID: 215 942 351 467 5 Passcode: WU9Je95D Phone: +1 901-440-4286,,384132111#		
January	<i>National Mentoring Month</i>	National Poverty in America Awareness Month Blood Donor Month
Tuesday, January 13, 2026, at 10 am – Mentoring in the Workplace (15 minute session) Thursday, January 29, 2026, at 4 pm- Mentoring in the Workplace (15 minute session)		
February	<i>Black History Month</i>	National Cancer Prevention Month American Heart Month Senior Independence Month
Tuesday February 10, 2026, at 10 am – Being Culturally Aware (15 minute session) Thursday February 26, 2026, at 4 pm – Being Culturally Aware (15 minute session)		
March	<i>Women's History Month</i>	National Nutrition Month National Kidney Month
Tuesday March 10, 2026, at 10 am – Women and Mental Wellness (15 minute session) Thursday March 26, 2026, at 4 pm – Women and Mental Wellness (15 minute session)		
April	<i>Alcohol Awareness Month</i>	National Stress Awareness Month Parkinson's Awareness Month
Tuesday April 7, 2026, at 10 am – Alcohol Use/Abuse & Mental Health (15 minute session) Thursday April 23, 2026, at 4 pm – Alcohol Use/Abuse & Mental Health (15 minute session)		
May	<i>Better Sleep Month Mental Health Awareness Month</i>	National Women's Health Month Arthritis Awareness Month
Tuesday May 5, 2026, at 10 am – Sleep and Your Mental Health (15 minute session) Thursday May 21, 2026, at 4 pm – Sleep and Your Mental Health (15 minute session)		
June	<i>PTSD Awareness Month</i>	National Safety Month Men's Health Month
Tuesday June 2, 2026, at 10 am – Signs & Symptoms of PTSD (15 minute session) Thursday June 18, 2026, at 4 pm – Signs & Symptoms of PTSD (15 minute session)		





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July	<i>National "Talk to Us" Month</i>	National Minority Mental Health Awareness Month National Park and Recreation Month
Tuesday July 7, 2026, at 10 am – Effective Ways to Communicate (15 minute session) Thursday July 23, 2026, at 4 pm – Effective Ways to Communicate (15 minute session)		
August	<i>Happiness Happens Month</i> <i>National Wellness Month</i>	Family Fun Month Immunization Awareness Month
Tuesday August 4, 2026, at 10 am – How Happiness Benefits Your Health (15 minute session) Thursday August 20, 2026, at 4 pm – How Happiness Benefits Your Health (15 minute session)		
September	<i>Suicide Prevention Awareness Month</i>	Self-Improvement Month National Recovery Month
Tuesday September 8, 2026, at 10 am – Suicide Prevention: Mental Health First Aid (15 minute session) Thursday September 24, 2026, at 4 pm – Suicide Prevention: Mental Health First Aid (15 minute session)		
October	<i>Domestic Violence Awareness Month</i>	Depression Awareness Month National Bullying Prevention Month
Tuesday October 6, 2026, at 10 am – Healthy vs. Unhealthy Relationships (15 minute session) Thursday October 22, 2026, at 4 pm – Healthy vs. Unhealthy Relationships (15 minute session)		
November	<i>National Family Caregivers Month</i>	National Children's Month Native American Heritage Month National Gratitude Month
Tuesday November 3, 2026, at 10 am – Care for the Caregiver (15 minute session) Thursday November 19, 2026, at 4 pm – Care for the Caregiver (15 minute session)		
December	<i>National Giving Month</i>	Universal Human Rights Month National Impaired Driving Prevention Month
Tuesday December 1, 2026, at 10 am – Your Presence is the Present (15 minute session) Thursday December 17, 2026, at 4 pm – Your Presence is the Present (15 minute session)		



901-458-4000 www.myconcerneap.com

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