

Social Network	Month	Content Type	Content Copy (to be filled in 3 days before posting)
Facebook	January	post or Facebook live	with new beginnings
	February	post or Facebook live	Black History Month
	March	post or Facebook live	Womans history month
	April	post or Facebook live	World autism awareness
	May	post or Facebook live	Lupus awareness
	June	post or Facebook live	Men's health month
	July	post or Facebook live	World hepatitis month
	August	post or Facebook live	National immunization month
	September	post or Facebook live	Leukemia and Lymphoma awareness month
	October	post or Facebook live	Breast cancer awareness month
	November	post or Facebook live	Prematurity awareness month
	December	post or Facebook live	National human rights month
Instagram	Jan	Post a pic w caption	National soup month
	Feb	Post a pic w caption	National canned food month
	Mar	Post a pic w caption	Womans history month
	Apr	Post a pic w caption	Celebrate diversity month
	May	Post a pic w caption	National anxiety and depression awareness
	Jun	Post a pic w caption	Gay Lesbian Pride month
	Jul	Post a pic w caption	Independence day -July 4th
	Aug	Post a pic w caption	World Breastfeeding week
	Sep	Post a pic w caption	National Hispanic-Latino Heritage Month
	Oct	Post a pic w caption	
	Nov	Post a pic w caption	Season of thanks and giving
	Dec	Post a pic w caption	Season of thanks and giving
Twitter	Jan	Tweet post	National Blood Donor Month
	Feb	Tweet post	(Feb 4th) World Cancer Day
	Mar	Tweet post	(March 26) Purple Day for epilepsy awareness
	Apr	Thread post	(April 22) Earth Day
	May	Thread post	Mental Health Awareness
	Jun	Tweet post	Alzheimers and Brain Awareness Month
	Jul	Tweet post	Healthy Vision Month
	Aug	Tweet post	(August 1) World Lung Cancer Day
	Sep	Thread post	(Sept 5-11) National Suicide Prevention Week
	Oct	Tweet Post	Domestic Violence Awareness
	Nov	Thread Post	American Diabetes Month
	Dec	Thread Post	(Dec 1) World AIDS Day

Specific Non-profit organizations/charities

freshstartwomen.org

NAACP

Dress for success, Girls not brides

The autism science foundation, TACA (The Autism Community In Action

Lupus foundation of America

ManKind Initiative, ZERO

HFI (Hepatitis Foundation International)

MedGlobal.givewell.org

St. Jude's Children's Research Hospital, The American cancer society

Breast Cancer Research Foundation, National Breast Cancer Coalition Func

March of Dimes, Hand to Hold, Miracle babies

Human Rights campaign, American Civil liberties union

American Relief Organization, Feeding America

FH.org , Action Against Hunger

Girls Inc, Women for Women International

American Talent Initiative, Equal Justice Society

American Foundation for Suicide Prevention (AFSP), Freedom From Fear

OutRight Action International

The Gary Sinise Foundation (Veteran charity)

Every Mother Counts

Hispanic Heritage Foundation, Grassroots Leadership

American National Red Cross

NFCR

Epilepsy Foundation

Growing Culture, NATIFS, The Climate Reality Project

MHA, NAMI

Alzheimer's Association

Eyes of Hope by VSP

ALA

SAVE, the JED Foundation

Futures Without Violence

Children's Diabetes Foundation, DRWF

AHF, AIDS United

Notes- Key points

1

This can be an opportunity to highlight soup kitchens and food drives that can be donated to.
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Though only one day is celebrated we can turn this into a month of celebration, Also to highlight important organizations focus
Though only one week is celebrated we can turn this into a month of being aware and giving

Around thanksgiving and Christmas time we can highlight the importance of giving back and the people can choose which org:

