



March is National Social Work month. To learn about some of the pioneers in the field of social work click [here](#).

Social work professionals meet the needs of the people they serve and work to secure a better life for every individual who walks through their door.

Social workers have an incredibly stressful and exhausting job. It can be physically taxing and emotionally draining. In Honor of National Social Work Month

A SHOUT OUT TO ALL OF YOU....THANK YOU!!

Social Work is a profession truly dedicated to helping people.

The primary mission of Social Work is to enhance human well-being and help meet the basic and complex needs of all people.

Social Workers put a focus on helping people who are vulnerable, oppressed or living in poverty.

Social Workers follow a Code of Ethics that calls on them to fight social injustice, and respect the dignity and worth of all people.

Social Workers meet people where they are and help people and communities reach their full potential. Social workers strive to ensure equal rights for women, African Americans and people who are LGBTQIA2S+.

Social Workers are on the frontlines in helping this nation solve pressing social problems, including an increased demand for mental health services; an opioid addiction crisis; and economic inequality.

Social Work
is the
Art of Listening
and the
Science of Hope



As the Islamic calendar is based around the lunar cycle, the Holy month of Ramadan rotates by approximately ten days each year. This year, Ramadan is expected to begin on Monday, March 11th and end on Tuesday, April 9th depending on the sighting of the moon.

Ramadan, is the ninth month of the Islamic calendar and is one of the most sacred times for Muslims. It is the month in which it is believed that the Holy Qur'an was sent down from heaven "as a guidance for men and women, a declaration of direction, and a means of salvation."

During Ramadan, Muslims abstain from eating any food, drinking any liquids, smoking cigarettes, and engaging in any sexual activity, from dawn to sunset each day of the month.

They focus on prayer, reflection, and community.

Muslims taking part in Ramadan eat one meal (the 'suhor' or 'sehri') just before dawn and another (the 'iftar') after sunset. The end of Ramadan is marked by 'Eid-ul-Fitr', the Festival of the Breaking of the Fast,



Epilepsy Awareness Day is March 26, 2024.

Epilepsy Awareness Day is also known as **Purple Day**, and aims to increase the public's knowledge of a neurological conditions affecting nearly 50 million people worldwide. Epilepsy is a brain disorder that causes recurring, unprovoked seizures. Your doctor may diagnose you with epilepsy if you have two unprovoked seizures or one unprovoked seizure with a high risk of more. Not all seizures are the result of epilepsy. Seizures may relate to a brain injury or a family trait, but often the cause is completely unknown. Everyone is encouraged to **wear purple on March 26th** in support of epilepsy awareness. The color purple represents solitude.



31 Books to read about or written by powerful successful women. To see the list click here



International Women's Day is March 8th this year. It is a global day celebrating the social, economic, cultural, and political achievements of women. The day belongs to all women collectively everywhere. It is not country, group or organization specific. The day also marks a call to action for accelerating women's equality.

The theme for International Women's Day 2024 is Inspire Inclusion. To inspire inclusion means to celebrate diversity and empowerment on International Women's Day 2024 and beyond. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.

When women aren't present, we must ask: "If not, why not?" When women are discriminated against, we must call out poor practice. When the treatment of women is not equitable, we must take action. And we must do this each time, every time. International Women's Day has occurred for well over a century, with the first gathering in 1911 supported by over a million people.