DOMESTIC HARMONY FOUNDATION

DAve

alendan

IF YOU WANT TO CONQUER FEAR, DON'T SIT HOME AND THINK ABOUT IT. GO OUT AND GET BUSY. DALE CARNEGIE

January

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEAR'S DAY	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 martin luther king jr. day	21	22	23	24	25
26	27	28	29 Chinese new year schools closed	30	31	

DHF IS A COMMUNITY-BASED, NON-PROFIT ORGANIZATION CREATED IN RESPONSE TO THE SOCIAL, EMOTIONAL, AND PSYCHOLOGICAL NEEDS OF A GROWING SOUTH ASIAN, MIDDLE EASTERN, AND MUSLIM COMMUNITY IN LONG ISLAND.

IF YOU FELL DOWN YESTERDAY, STAND UP TODAY. H.G. WELLS

-ebruary

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						FIRST DAY OF BLACK HISTORY MONTH
2	3	4	5	6	7	8
9	10	11	12	13	14 valentine's day	15
16	17 winter recces schools closed- president's day	18 winter recces schools closed	19 WINTER RECCES SCHOOLS CLOSED	20 WINTER RECCES SCHOOLS CLOSED	21 WINTER RECCES SCHOOLS CLOSED	22
23	24	25	26	27	28	

DHF WORKS MAINLY WITH MUSLIM WOMEN WHO ARE VICTIMS OF DOMESTIC VIOLENCE, THESE SERVICES ARE AVAILABLE TO INDIVIDUALS IRRESPECTIVE OF CREED, CULTURE, ETHNICITY, GENDER, OR SEXUAL ORIENTATION.

IT'S THE POSSIBILITY OF HAVING A DREAM COME TRUE THAT MAKES LIFE INTERESTING. THE ALCHEMIST BY PAULO COELHO

Jarch

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 IST DAY OF RAMADAN
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 day light saving start	17	18	19	20	21	22
23	24	25	26	27	28	29
30 EID UL FITR	31					

DHF IS COMMITTED TO PROMOTING PEACE, SAFETY, AND HARMONY IN FAMILIES BY PROVIDING SUPPORT AND GUIDANCE.

THE WORST ENEMY TO CREATIVITY IS SELF-DOUBT. SYLVIA PLATH

April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12 passover begins
13	14 VAISAKHI SPRING RECCES SCHOOLS CLOSED	15 Spring recces schools closed	16 Spring recces schools closed	spring recces schools closed	18 SPRING RECCES SCHOOLS CLOSED/ GOOD FRIDAY	19
20 EASTER PASSOVER ENDS	21 EASTER MONDAY	22	23	24	25	26
27	28	29	30			

DHF AIMS TO FILL THE IMMENSE VOID IN CONCRETE SERVICES FOR SOUTH ASIAN, MIDDLE EASTERN, AND MUSLIM WOMEN AND CHILDREN WHO ARE SEEKING RELIEF FROM DOMESTIC VIOLENCE AND OTHER HUMAN RIGHTS VIOLATIONS.



BE YOURSELF; EVERYONE ELSE IS ALREADY TAKEN. OSCAR WILDE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11 mothers day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial day	27	28	29	30	31

DHF ENVISIONS HEALTHY AND STRONG COMMUNITIES FREE OF GENDER-BASED VIOLENCE. WE STRIVE TO CREATE A SAFE ENVIRONMENT WHERE EVERY INDIVIDUAL CAN THRIVE AND LEAD A LIFE FREE OF ABUSE.

I HAVE NOT FAILED. I'VE JUST FOUND 10,000 WAYS THAT WON'T WORK. THOMAS A. EDISON

June

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Dhf annual fundraiser	2	3	4	Б најј	6 eid ul adha	7
8	9	10	11	12	13	14
15	16	17	18	JUNETEENTH SCHOOLS CLOSED	20	21
22	23	24	25	26 I MUHARRUM ISLAMIC NEW YEAR	27	28
29	30					

DHF HOPE TO EDUCATE COMMUNITY MEMBERS ON NON-VIOLENT COMMUNICATION METHODS STRESSING THE NEED TO NEGOTIATE ISSUES AMICABLY BY RESPECTING AND VALUING INDIVIDUAL NEEDS AND DIFFERENCES.

IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN. GEORGE ELIOT

Jula



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 INDEPENDENCE DAY	5
6	7	8	9	10	11	12
13	14	15	16 Dhf sylp 2025 session i 5p-7p	17	18	19
20	21	22	23 DHF SYLP 2025 SESSION II 5P-7P	24	25	26
27	28	29	30 DHF SYLP 2025 SESSION III 5P-7P	31		

DHF PROVIDES CULTURALLY SENSITIVE SERVICES IN ENGLISH, URDU, ARABIC, FARSI, HINDI, BENGALI, PUNJABI, GUJARATI, MALYALAM AND PASHTO.

INSPIRATION DOES EXIST, BUT IT MUST FIND YOU WORKING. PABLO PICASSO

Hugus

August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	DHF SYLP 2025 SESSION IV 5P-7P	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DHF PROVIDES FREE EVALUATIONS, SUPPORT GROUPS, INDIVIDUAL COUNSELING, EMOTIONAL SUPPORT, YOUTH COUNSELING, ADVOCACY REFERRALS FOR FINANCIAL ASSISTANCE, REFERRALS FOR LEGAL SERVICES AND INTERPRETATION SERVICES



IF THERE IS NO STRUGGLE, THERE IS NO PROGRESS. FREDERICK DOUGLASS

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY	2	3	4 eid milad un Nabi	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 ^{ROSH} HASHANAH	23	24	25	26	27
28	29	30				

DHF ADDRESSES AND SUPPORT CHILDREN WHO HAVE BEEN VICTIMS OF OR WITNESSES TO VIOLENCE.

KEEP A LITTLE FIRE BURNING; HOWEVER SMALL, HOWEVER HIDDEN. CORMAC MCCARTHY

tober

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			dv awareness month yom kippur	2	3	4
DHF WALKATHON	6	7	8	9	10	11
12	13 columbus day	14	15	16	17	18
19	20 diwaali	21	22	23	24	25
26	27	28	29	30	31 halloween	

DHF PROVIDES WOMEN AND CHILDREN WITH A SAFE SPACE AND SUPPORT FROM PARTNER VIOLENCE. TO EMPOWER SURVIVORS THROUGH EDUCATION, LEADERSHIP DEVELOPMENT, ADVOCACY, AND COMMUNITY OUTREACH.

November

WORRY IS A MISUSE OF IMAGINATION. UNKNOWN

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 guru nanak bday	6	7	8
9 Daylight saving time end	10	11 election day	12	13	14	15
16	17	18 veterans day	19	20	21	22
23	24	25	26 THANKSGIVING DAY	27	28	29
30						

DHF PROVIDES WOMEN AND CHILDREN WITH A SAFE SPACE AND SUPPORT FROM PARTNER VIOLENCE. WE EMPOWER SURVIVORS THROUGH EDUCATION, LEADERSHIP DEVELOPMENT, ADVOCACY, AND COMMUNITY OUTREACH.

A YEAR FROM NOW YOU WILL WISH YOU HAD STARTED TODAY. UNKNOWN

December

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 DHF MINI FUNDRAISER	8	9	10	11	12	13
14 hanukah begins	15	16	17	18	19	20
21	22 hanukah ends	23	24 christmas eve	25 christmas day	26	27
28	29	30	31 Newyear's eve			

DHF CONFIDENTIAL HELPLINE 516-385-8292 | CONFIDENTIAL EMAIL INFO@DHFNY.ORG EVERYONE DESERVES HEALTHY RELATIONSHIPS. WHEN YOU'RE READY, WE'RE HERE TO LISTEN.

NOTES	REMINDERS	TO-DO-LIST
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	DEADLINES	0 0
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		JAN	IUAI	RY					FEB	RY					MA	٩RC	Η		APRIL								
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				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	19	20	21	22	23	24	25
25	26	27	28	29	30	31								29	30	31					26	27	28	29	30		

		Ν	ЛАY				JUNE									JI	ULY			AUGUST								
S	М	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S		S	Μ	Т	W	Т	F	S	S	М	Т	W	Т	F	S
					1	2		1	2	3	4	5	6					1	2	3	4							1
3	4	5	6	7	8	9	7	8	9	10	11	12	13		5	6	7	8	9	10	11	2	3	4	5	6	7	8
10	11	12	13	14	15	16	14	15	16	17	18	19	20		12	13	14	15	16	17	18	9	10	11	12	13	14	15
17	18	19	20	21	22	23	21	22	23	24	25	26	27		19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	28	29	30						26	27	28	29	30	31		23	24	25	26	27	28	29
31																						30	31					

	S	EPT	EM	BER			OCTOBER									VOV	'EMI	BER		DECEMBER								
S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S		S	Μ	Т	W	Т	F	S	S	М	Т	W	Т	F	S
		1	2	3	4	5					1	2	3		1	2	3	4	5	6	7			1	2	3	4	5
6	7	8	9	10	11	12	4	5	6	7	8	9	10		8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17		15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24		22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31		29	30						27	28	29	30	31		

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