# **TIMELINE FOR FAST CARE SOCIAL MEDIA (NOV-DEC)**

**NOVEMBER**

**28th October to 3rd November:**

1. How Something Affected You Post ---- 29th October (Tuesday)
2. Mental Health --- 1st November (Monday)

**1st Week of November (4th November to 10th November):**

1. World Tsunami Day --- 5th November (Tuesday)
2. How Something Affected You Post ---- 5th November (Tuesday)
3. International Day for Preventing the Exploitation of the Environment in War and Armed Conflict --- November 6th (Wednesday)
4. Mental Health --- November 8th (Friday)
5. Iqbal Day – November 9th (Saturday)
6. Eid Milad Un Nabi – November 10th (Sunday)

**2nd Week of November (11th November to 17th November):**

1. How Something Affected You Post ---- 12th November (Tuesday)
2. Mental Health --- November 15th (Friday)
3. International Day for Tolerance – 16th November (Saturday)
4. World Day of Remembrance for Road Traffic Victims --- November 17th (Sunday)

**3rd Week of November (18th November to 24th November):**

1. How Something Affected You Post ---- 19th November (Tuesday)
2. Universal Children’s Day --- November 20th (Wednesday)
3. Mental Health – November 22nd (Friday)

**4th Week of November (25th November to 1st December):**

1. International Day for the Elimination of Violence against Women – November 25th (Monday)
2. How Something Affected You Post ---- 26th November (Tuesday)
3. Mental Health – November 28th (Friday)
4. International Day of Solidarity with the Palestinian People – November 29th (Saturday)

**DECEMBER**

**1st Week of December (2nd December to 8th December):**

1. International Day for the Abolition of Slavery – December 2nd (Monday)
2. How Something Affected You Post ---- 3rd December (Tuesday)
3. Mental Health --- 6th December (Friday)

**2nd Week of December (9th December to 15th December):**

1. Human Rights Day – December 10th (Tuesday)
2. How Something Affected You Post ---- 10th December (Tuesday)
3. Mental Health --- 13th December (Friday)

**3rd Week of December (16th December to 22nd December):**

1. APS Attack --- December 16th (Monday)
2. How Something Affected You Post ---- 17th December (Tuesday)
3. Mental Health – 20th December (Friday)
4. International Human Solidarity Day – 20th December (Friday)

**4th Week of December (23rd December to 29th December):**

1. How Something Affected You Post ---- 24th December (Tuesday)
2. Quaid e Azam Day / Christmas --- December 25th (Wednesday)
3. Mental Health ---- 27th December (Friday)
4. New Year --- 1st January 2020 (Wednesday)