

beginning  
May 1, 2023

# Join groovy Trillium Staff on a conference call group!



	Monday	Tuesday	Wednesday	Thursday	Friday
12:45 pm	Celebrate Success Sharon	Keep Going Voneka	Affirmations Voneka	Enjoy the Journey Andre	30 Minutes of Laughter Sharon
2:45 pm	Mental Health Recovery Talk Michelle	Women's Support Group Sharon	Living with Purpose Andre	You Got This! Andre	Music Group Sharon
4:45 pm	Social Call Mike	Mindfulness Sharon	Recipe Chit Chat Mike	Gratitude Mike	Talking About Music Mike

If you have questions about the conference call groups or need a reminder call when a group will be happening leave us a message at Trillium.

To join a group at the designated time, **Call: 508.924.1691**