



Our Successes

Community Advocacy Award
Anthem HealthKeepers Plus

Best Practice Community Engagement
Potomac Health Foundation

Labor of Love Award
Greater PW Coalition for
Human Services

Agnes L. Colgan
Community Service Award
PWC Chamber of Commerce

United Nations CGI NGO
Conference presenters

Voice of Recovery Award
Mental Health Awareness Event

Recognition by and appreciation from
county, state and federal legislators

Trillium Center is proud to offer a comprehensive workbook, "Hope Awakened." This workbook, written by our staff and director with over 70 years of collective experience, is designed to help people strengthen their best life.

www.TrilliumCenterInc.org



Contact Us

Hours

Monday – Friday 10AM to 8PM
Saturday 12PM to 6PM

Phone

703.763.3865

Website

www.TrilliumCenterInc.org

Address

13184 Centerpointe Way
Woodbridge, VA 22192



Trillium Center Inc.



MENTAL HEALTH RECOVERY IS POSSIBLE

About us

Since 2007, we've offered a place that provides acceptance, validation, empathy and empowerment for those experiencing mental health issues. Trillium Center staff and our Board of Directors believe mental health recovery can be achieved by anyone. Our space is relaxed and friendly, where folks can gather to be at ease and encourage one another in our mental health recovery.

Trillium Center visitors are encouraged to use our computer room, art room, TV room, kitchenette, recreation room (complete with a pool table), and conference room.

Our supportive, recreational, educational and socialization activities include peer-led support groups, art groups, a pool table and space to just be you.

All services at Trillium Center, Inc. are free. Monetary donations are graciously accepted. We are a private non-profit 501(c)(3) corporation.

For more information, send us an email at: contact@TrilliumCenterInc.org

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Peer Provided Services

- Our team promotes the importance of a hopeful attitude in recovery. We support and guide people in identifying goals, while helping them develop a road-map to get there.
- We provide access to self-help educational tools and resources, allowing people to choose their own healing path. Participants will be exposed to true stories of recovery and success.
- Trillium Center hosts a wide range of enjoyable activities—laughter yoga, pool tournaments, and mindfulness are just a few.
- The team at Trillium Center understands that local outreach lays the foundation for a larger movement. Our community engagement efforts center around this initiative.
- A strong presence in our community, allows Trillium Center to promote community integration, and is a haven for those struggling.
- It's crucial to dispel the myths surrounding mental health conditions and substance use disorders. Trillium Center actively combats these stigmas by promoting mental health education, speaking in the community, and highlighting success stories.

Recovery Modeling

The Trillium Team models and encourages participants in actively maintaining mental health. We emphasize self-determination, self-calming techniques, crisis planning, coping skills and more. We believe our modeling in these areas can lead people on a journey to becoming the best they can be.

Remote Support

- Weekday Conference Call Groups
- Supportive Daily Texts
- Monthly Check in Calls
- Weekly US Happy Mail
- Follow us on social media for inspiring quotes

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You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits.

'When we all help one another, everybody wins.~ Jim Stovall