



We are following local and national health recommendations and actions regarding COVID-19. To help mitigate the spread of the current coronavirus pandemic, Trillium Center's office suite will be closed to members until further notice.

While Trillium Center is closed for in-person services, we will be offering services via telephone beginning March 19, 2020.

Call us!

Trillium Center
Monday through Friday
12 - 8 pm
703-763-3865

If no one answers, leave a voicemail and we will call you back as soon as possible.

The following groups are available via conference call:

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 pm	Women's Support Group	Laughter Yoga	Learn to Speak Spanish	Learn to Speak Spanish	Learn to Speak Spanish
5:00 pm	Positive Thinking	Coping Skills	Coping Skills	Coping Skills	Overcoming Anxiety
7:00 pm	Coping Skills	Learn to Speak Spanish	Support Group	Advocating for Yourself	Coping Skills

To join a group at the designated time,

Call: 1-425-436-6200

Access Code: 576283

Join TRILLIUM VIRTUAL CENTER on Facebook

Find support, tips and tricks to help your mental health during these uncertain times.