

**beginning
July 15th 2022!**

Join groovy Trillium Staff on a conference call group!



703.763.3865

	Monday	Tuesday	Wednesday	Thursday	Friday
12:45 pm	To Do List	Recipe Chit Chat	Affirmations	Social Call	Music Group
2:45 pm	Mental Health Recovery Talk	Women's Support Group	Living with Purpose	Coping Skills	Writing Group
4:45 pm	Social Call	Mindfulness	Advocating for Yourself	Gratitude	30 Minutes of Laughter

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