



Trillium Center Inc.

We miss you!

We are here.

**Trillium Center**

**Call us!**

**703-763-3865**

If we don't answer, leave us a voicemail and we will call you back as soon as possible.

**We call you!**

Let us know at the above number if you'd like a call from a friendly Trillium peer support person daily, weekly, or any schedule you prefer.

## Join a conference call group!

	Monday	Tuesday	Wednesday	Thursday	Friday
12:45 pm	Writing Group	Self-Compassion	Mindfulness	Affirmations	Building Resilience
1:45 pm	Learn Beginning Spanish	Building Resilience	Support Group	Advocating for Self	Coping Skills
2:45 pm	Women's Support Group	Mental Health Recovery Talk	Learn Advanced Spanish	Laughter Yoga	Music Group
3:45 pm	Support for Your To Do List	Recipe Chit Chat	Social Call	All About Thoughts	To Do List Check-in
4:45 pm	All About Thoughts	Overcoming Anxiety	Building Resilience	Coping Skills	Gratitude

To join a group at the designated time,

**Call:  
(508) 924-1691**

#PrinceWilliamStrong

Hope isn't cancelled