

beginning November 29



Join groovy Trillium Staff on a conference call group!

Hope.Is.Not.Cancelled.

	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	Music Group
2:45 pm	Women's Support Group	Mental Health Recovery Talk	Learn Advanced Spanish	Laughter Yoga	Coping Skills
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	Building Resilience	Overcoming Anxiety	Coping Skills	Gratitude

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