



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
<b>12:45 pm</b>	Create You Bucket List	Self-Compassion	Mindfulness	Affirmations	Building Resilience
<b>1:45 pm</b>	Learn to Speak Spanish	Building Resilience	Support Group	Advocating for Self	Coping Skills
<b>2:45 pm</b>	Women's Support Group	Learn to Speak Spanish	Learn to Speak Spanish	Laughter Yoga	Music Group
<b>3:45 pm</b>	Social Call	Social Call	Social Call	Social Call	Social Call
<b>4:45 pm</b>	Positive Thinking	Coping Skills	Building Resilience	Coping Skills	Overcoming Anxiety

To join a group at the designated time,

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

**Join TRILLIUM VIRTUAL CENTER on Facebook**

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

#PrinceWilliamStrong

Hope isn't cancelled