

Beginning  
October 1, 2025

# Join groovy Trillium staff on a conference call group

|      | Monday                         | Tuesday                            | Wednesday                   | Thursday                 | Friday                         |
|------|--------------------------------|------------------------------------|-----------------------------|--------------------------|--------------------------------|
| 2:45 | Celebrate<br>Success<br>Sharon | Women's<br>Support Group<br>Sharon | Resilience<br>Michelle M.   | Self Care<br>Michelle M. | Music Group<br>Sharon          |
| 4:45 | Social Call<br>Mike            | Mindfulness<br>Sharon              | Recipe<br>Chit Chat<br>Mike | Gratitude<br>Mike        | Talking About<br>Music<br>Mike |



**Call 508-924-1691**