

**beginning
November 22**

Join groovy Trillium Staff on a conference call group!



	Monday	Tuesday	Wednesday	Thursday	Friday
12:45 pm	To Do List	Recipe Chit Chat	Affirmations	All About Thoughts	Music Group
2:45 pm	Mental Health Recovery Talk	Women's Support Group	Living with Purpose	Coping Skills	Building Resilience
4:45 pm	Social Call	Mindfulness	Overcoming Anxiety	Gratitude	Social Call

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**