

Join groovy Trillium Staff on a conference call group!

beginning July 1, 2021

If you have questions about the conference call groups or need a reminder call when a group will be happening call us at Trillium.

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

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

