
















June 2019

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <p>drop-in... make some new friends!</p> <p>Support Trillium and local artists: www.TrilliumsHopeStore.com</p>						<p>1</p> <p>UNO 1 p.m.</p> <p> Music Group 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p>
<p>2</p> <p>Sorry We're Closed</p> 	<p>3</p> <p>Women's Support Group 11 a.m.</p> <p>Affirmations with Michelle 1 p.m.</p> <p>Hope & Recovery 6 p.m.</p>	<p>4</p> <p>Laughter Yoga 1 p.m.</p> <p>Good Nutrition 4 p.m.</p> <p>Art w/ Carmen 6 p.m.</p>	<p>5</p> <p> Spades 1 p.m.</p> <p>Self-Acceptance 6 p.m.</p>	<p>6</p> <p>Recovery Basics 1 p.m.</p> <p> Pool Tourney 6 p.m.</p>	<p>7</p> <p>Goal Setting 1 p.m.</p>  <p>Good Nutrition 5 p.m.</p>	<p>8</p> <p>BINGO! 3 p.m.</p> <p>Social Skills 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p>
<p>9</p> <p>Sorry We're Closed</p> 	<p>10</p> <p>Housing Assistance 1 p.m.</p> <p>Renewed Hope 4 p.m.</p> <p>Beyond Diagnosis 6 p.m.</p>	<p>11</p> <p>Staff Meeting Closed 3:30 - 6:30</p>	<p>12</p> <p> Pool Tourney 1 p.m.</p> <p>Mindful Moments 6 p.m.</p>	<p>13</p> <p>Open at 11 a.m.</p> <p>Advocating for Yourself 1 p.m.</p> <p>Social Skills 6 p.m.</p>	<p>14</p> <p>Juggling 1 p.m.</p> <p>Support Group 8 p.m.</p>	<p>15</p> <p>UNO 1 p.m.</p> <p> Music Group 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p>
<p>16</p> <p>Sorry We're Closed</p> 	<p>17</p> <p>Women's Support Group 11 a.m.</p> <p>Coloring Pizzazz 1 p.m.</p> <p>Change is Possible 6 p.m.</p>	<p>18</p> <p>Mood Trackers Workshop 1 p.m.</p> <p>Good Nutrition 4 p.m.</p> <p>Kindness Rocks 6 p.m.</p>	<p>19</p> <p> Spades 1 p.m.</p> <p>Creating your Life 6 p.m.</p>	<p>20</p> <p>Positive Thinking 1 p.m.</p> <p>Affirmations with Michelle 1 p.m.</p> <p>Wellness Chat 6 p.m.</p>	<p>21</p> <p>Coloring Pizzazz 1 p.m.</p> <p>Good Nutrition 5 p.m.</p>	<p>22</p> <p>BINGO! 3 p.m.</p> <p>Social Skills 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p>
<p>23/30</p> <p>Sorry We're Closed</p> 	<p>24</p> <p>Women's Support Group 11 a.m.</p> <p>Moving Forward 6 p.m.</p>	<p>25</p> <p>Laughter Yoga 1 p.m.</p> <p>Staff Outing Closed at 3 p.m.</p>	<p>26</p> <p> Pool Tourney 1 p.m.</p> <p>Mindful Moments 6 p.m.</p>	<p>27</p> <p>Boundaries for Women 10:30 a.m.</p> <p>Gratitude 1 p.m.</p> <p>Social Skills 6 p.m.</p>	<p>28</p> <p>Wellness Chat 1 p.m.</p> <p>Support Group 8 p.m.</p>	<p>29</p> <p>UNO 1 p.m.</p> <p> Music Group 5 p.m.</p> <p>Women's Support Group 6 p.m.</p>

need more info? call us: 703.763.3865

check us out on the web: www.TrilliumCenterInc.org