

September 2019

Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY OPEN 12 - 6 pm	3 Laughter Yoga 1 p.m. Good Nutrition 4 p.m. Pool Tourney 6 p.m.	4 Thumbball Toss 1 p.m. Spades 6 p.m.	5 Recovery Basics 1 p.m. Social Skills 6 p.m.	6 Wellness Chat 1 p.m. Support Group 6 p.m.	7 UNO 1 p.m. Music Group 5 p.m. Women's Support Group 6:00 p.m.
8 Sorry We're Closed 	9 Women's Support Group 11 a.m. Renewed Hope 4 p.m. Hope & Recovery 6 p.m.	10 Staff Meeting Closed 3:30 - 6:30	11 Coloring Pizzazz 1 p.m. Mindfulness 6 p.m.	12 Advocating for Yourself 1 p.m. Growing Happy 6 p.m.	13 Goal Setting 1 p.m. Good Nutrition 5 p.m.	14 BINGO! 3 p.m. Social Skills 5 p.m. Women's Support Group 6:00 p.m.
15 Sorry We're Closed 	16 Women's Support Group 11 a.m. Affirmations with Michelle 1 p.m. Beyond Diagnosis 6 p.m.	17 HILL DAY OPEN 12 - 6 pm	18 HILL DAY OPEN 12 - 6 pm	19 Positive Thinking 1 p.m. Social Skills 6 p.m.	20 Laughter Yoga 1 p.m. Support Group 8 p.m.	21 UNO 1 p.m. Music Group 5 p.m. Women's Support Group 6:00 p.m.
22 Sorry We're Closed 	23 Housing Assistance with Erin from Pathway Homes Change is Possible 6 p.m.	24 Mood Trackers 1 p.m. Good Nutrition 4 p.m. Spades 6 p.m.	25 Self Compassion 1 p.m. Growing Happy 6 p.m.	26 Overcoming Anxiety 1 p.m. Thumbball Toss 6 p.m.	27 Building Resilience 1 p.m. Good Nutrition 5 p.m.	28 BINGO! 3 p.m. Social Skills 5 p.m. Women's Support Group 6:00 p.m.
29 Sorry We're Closed 	30 Women's Support Group 11 a.m. Affirmations with Michelle 1 p.m. Moving Forward 6 p.m.	Mood Trackers Workshop 1 p.m. Learn Guitar with German @ 6 p.m.	<div style="border: 2px solid purple; padding: 10px; display: inline-block;"> <p>SAVE the DATE 14th Annual Mental Health Awareness Event Wednesday, October 9</p> </div> <p>drop-in... make some new friends!</p> <p>Support Trillium and local artists: www.TrilliumsHopeStore.com</p>			

need more info? call us: 703.763.3865

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