

Activity Calendar

SEPTEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sorry We're closed	2 CLOSED FOR LABOR DAY	3	4	5 11am What mental health means to me 1pm Movie 6pm Movie	6 11am Mood Group wk 1 3pm Mental health Trivia	7 1 pm Support Group
8 Sorry We're closed	9 11am Resources Game 1:00PM Help Network MAP 6:30 Music Jam	10 11am Coping Strategies toolbox 1:00 Pool Tournament	11 1pm 20 Min of Laughter	12 1pm Movie 6pm Movie & Popcorn	13 11am Mood Group wk 2 1 pm Support Group 2pm Mental Health Jeopardy	14 1 pm Support Group 2pm Positive Affirmation Bingo
15 Sorry We're closed	16 6:30 Music Jam	17 2pm Afternoon Tea	18 11am Resilience Bingo 4pm Extreme Couponing	19 11am Win Jar 1pm Pool Tournament 1pm Movie	20 1 pm Support Group	21 1 pm Support Group
22 Sorry We're closed	23 3pm Balloon Pop 6:30 Music Jam	24 11am Distress Tolerance Jenga 1pm Creative Distraction	25 1pm 20 Min of Laughter 4pm Extreme Couponing	26 1pm Movie 6pm Movie & Popcorn	27 11am Mood Group wk 3 1 pm Support Group 3pm Cold Water Challenge	28 1 pm Support Group
29 Sorry We're closed	30 6pm Pizza 6:30 Music Jam			Check out our website: www.Trilliumcenterinc.org drop in... make some new friends!		

