



Trillium Center Inc.

We miss you!

We are here.

Trillium Center

Call us!

703-763-3865

If we don't answer, leave us a voicemail and we will call you back as soon as possible.

We call you!

Let us know at the above number if you'd like a call from a friendly Trillium peer support person daily, weekly, or any schedule you prefer.

Join a conference call group!

	Monday	Tuesday	Wednesday	Thursday	Friday
12:45 pm	Create You Bucket List	Positive Self-Talk	Mindfulness	Affirmations	Social Call
2:45 pm	Women's Support Group	Laughter Yoga	Learn to Speak Spanish	Learn to Speak Spanish	Music Group
3:45 pm	Social Call	Social Call	Social Call	Social Call	Social Call
4:45 pm	Positive Thinking	Coping Skills	Coping Skills	Coping Skills	Overcoming Anxiety
6:45 pm	Coping Skills	Learn to Speak Spanish	Support Group	Advocating for Yourself	Coping Skills

To join a group at the designated time,

**Call:
(508) 924-1691**

Join TRILLIUM VIRTUAL CENTER on Facebook

Find support, tips and tricks to help your mental health during these uncertain times.

#PrinceWilliamStrong

Hope isn't cancelled