


















February 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Trillium Center is Celebrating!</p> <p>Trillium is now the owner of 13184 Centerpointe Way (of course with a lien) as of Wednesday, January 18! We went from renting to owning and we are so proud!</p> <p>And you may have noticed we've changed our name from Trillium Drop-In Center to Trillium Center since we are more than just a drop-in place in our community!</p> <p>Congratulations to all of us!</p>				1 Managing Anxiety 1 p.m.	2  Pool Tourney 1 p.m.	3  1 p.m.
				Social Skills 6 p.m.	Support Group 8 p.m.	Social Skills 5p.m.
4 Sorry We're Closed 	5 Noon Yoga 12:00 Advance Directives 3 p.m. Hope & Recovery 6 p.m.	6 Laughter Yoga 1 p.m. Playing with Words 4 p.m.  Spades 6 p.m.	7 Relaxation 1 p.m. Growing Mindful 6:00 p.m.	8 Recovery Basics 1 p.m.  Karaoke 6 p.m.	9 Thumball Toss 1 p.m. Kindness Rocks 4 p.m. Support Group 8 p.m.	10  3 p.m.  Music Group 5p.m.
11 Sorry We're Closed 	12 Noon Yoga 12:00 Beyond Diagnosis 6 p.m.	13 Goal Setting  1 p.m.  Spades 6 p.m.	14 Staff Meeting CLOSED 3:30 - 6:30 Wellness Chat 6:00 p.m.	15 Advocating for Yourself! 1 p.m. Social Skills 6 p.m.	16  Pool Tourney 1 p.m. Support Group 8 p.m.	17  1 p.m. Social Skills 5p.m.
18 Sorry We're Closed 	19 Staff Training OPEN Noon to 6 p.m.	20 Growing Mindful 1 p.m. WRAP 5-7 p.m.	21 Coloring Pizzazz 1 p.m. Self-Compassion 6:00 p.m.	22 Positive Thinking 1 p.m.  Karaoke 6 p.m.	23 Laughter Yoga 1 p.m. Kindness Rocks 4 p.m. Support Group 8 p.m.	24  3 p.m.  Music Group 5p.m.
25 Sorry We're Closed 	26 Noon Yoga 12:00 Moving Forward 6 p.m.	27 Thumball Toss 1 p.m. WRAP 5-7 p.m.	28 Wellness Chat 1 p.m. Growing Happy 6 p.m.	<p>WRAP Class Starting</p> <p>Join Knight and Carla in a 3-week WRAP Class beginning February 20th at 5 pm. Transportation will be available for people on the east end of Prince William County.</p>		<p align="center">New Donations</p> <p>Trillium now has Dunkin' Donuts and Outback potatoes on a weekly basis. Many can be taken home. See a Trillium Staff Member for details.</p>