















February 2019

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Support Trillium and local artists: www.TrilliumsHopeStore.com drop-in... make some new friends!</p>			<p>Join us beginning February 18 for a 6 week Chronic Disease Self-Management Group to sign up call: The Independence Empowerment Center</p>		<p>1 Coloring Pizzazz 1 p.m.</p> <p>Support Group 8 p.m.</p>	<p>2 Self Compassion 1 p.m.</p> <p> Music Group 5 p.m.</p> <p>Women's Support Group 7:30 p.m.</p>
<p>3 Sorry We're Closed </p>	<p>4 Affirmations with Michelle 1 p.m.</p> <p>Hope & Recovery 6 p.m.</p>	<p>5 Affirmations with Michelle 1 p.m.</p> <p>Good Nutrition 4 p.m.</p> <p> Spades 6:30 p.m.</p>	<p>6  Pool Tourney 1 p.m.</p> <p>Mindful Moments 6 p.m.</p>	<p>7 Boundaries for Women 10:30 a.m.</p> <p>Overcoming Anxiety 1 p.m.</p> <p>Art w/ Carmen 6 p.m.</p>	<p>8 Goal Setting 1 p.m.</p> <p></p> <p>Good Nutrition 5 p.m.</p>	<p>9 Thumball Toss 1 p.m.</p> <p>Social Skills 5 p.m.</p> <p>Women's Support Group 7:30 p.m.</p>
<p>10 Sorry We're Closed </p>	<p>11 Women's Support Group 11 a.m.</p> <p>Renewed Hope 4 p.m.</p> <p>Beyond Diagnosis 6 p.m.</p>	<p>12 Staff Meeting Closed 3:30 - 6:30</p>	<p>13 Thumball Toss 1 p.m.</p> <p>Growing Happy 6 p.m.</p>	<p>14 Recovery Basics 1 p.m.</p> <p>Social Skills 6 p.m.</p>	<p>15 Wellness Chat 1 p.m.</p> <p>Support Group 8 p.m.</p>	<p>16 Self Compassion 1 p.m.</p> <p> Music Group 5 p.m.</p> <p>Women's Support Group 7:30 p.m.</p>
<p>17 Sorry We're Closed </p>	<p>18 Chronic Disease Mgmt 9:30 a.m.</p> <p>Affirmations with Michelle @ 1 p.m.</p> <p>Change is Possible 6 p.m.</p>	<p>19 Mood Trackers Workshop 1 p.m.</p> <p>Good Nutrition 4 p.m.</p> <p> Spades 6 p.m.</p>	<p>20  Pool Tourney 1 p.m.</p> <p>Mindful Moments 6 p.m.</p>	<p>21 Boundaries for Women 10:30 a.m.</p> <p>Advocating for Yourself 1 p.m.</p> <p>Art w/ Carmen 6 p.m.</p>	<p>22 Laughter Yoga 1 p.m.</p> <p>Good Nutrition 5 p.m.</p>	<p>23 Coloring Pizzazz 1 p.m.</p> <p>Social Skills 5 p.m.</p> <p>Women's Support Group 7:30 p.m.</p>
<p>24 Sorry We're Closed </p>	<p>25 Chronic Disease Mgmt 9:30 a.m.</p> <p>Create a Collage 1 p.m.</p> <p>Moving Forward 6 p.m.</p>	<p>26 Affirmations with Michelle</p> <p>Good Nutrition 4 p.m.</p> <p> Pool Tourney 6 p.m.</p>	<p>27 Wellness Chat 1 p.m.</p> <p> Spades 6 p.m.</p>	<p>28 Positive Thinking 1 p.m.</p> <p>Social Skills 6 p.m.</p>		

need more info? call us: 703.763.3865

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