




















June 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> drop-in... make some new friends! </div>		1 Staff Training Open 12-6	2  1 p.m. Social Skills 5p.m.
3 Sorry We're Closed 	4 Noon Yoga 12:00 Hope & Recovery 6 p.m.	5 Laughter Yoga 1 p.m. Playing with Words 4 p.m.  Spades 6:00 p.m.	6 Job Search Basics 1 p.m. Growing Happy 6:00 p.m.	7 Recovery Basics 1 p.m. Social Skills 6 p.m.	8 Relaxation 1 p.m. Support Group 8 p.m.	9  3 p.m.  Music Group 5p.m.	
10 Sorry We're Closed 	11 Noon Yoga 12:00 Beyond Diagnosis 6 p.m.	12 Goal Setting  1 p.m. Gratitude  Spades 6:00 p.m.	13 Staff Meeting CLOSED 3:30 - 6:30 6:30 p.m.	14 Overcoming Anxiety 1 p.m.  Karaoke 6:00 p.m.	15 Kindness Rocks 1 p.m. Support Group 8:00 p.m.	16  1 p.m. Social Skills 5p.m.	
17 Sorry We're Closed 	18 Noon Yoga 12:00 Renewed Hope 4 p.m. Change is Possible 6 p.m.	19 Relaxation 1 p.m. Playing with Words 4 p.m.  Spades 6:00 p.m.	20 Job Search Basics 1 p.m. Gratitude 6:00 p.m.	21 Advocating for Yourself! 1 p.m. Social Skills 6 p.m.	22 Laughter Yoga 1 p.m. Support Group 8 p.m.	23  3 p.m.  Music Group 5p.m.	
24 Sorry We're Closed 	25 Staff Training Open 12-6	26 Gratatude 1 p.m.  Spades 6:00 p.m.	27 Mood Trackers Workshop 1 p.m. Money Management 6:00 p.m.	28 Positive Thinking 1 p.m.  Karaoke 6:00 p.m.	29 Knit & Crochet 1 p.m. Support Group 6:00 p.m.	30  1 p.m. Social Skills 5 p.m.	

need more info? call us: 703.763.3865

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