




















March 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		drop-in... make some new friends!		1 Managing Anxiety 1 p.m. Social Skills 6 p.m.	2 Coloring Pizzazz 1 p.m. Support Group 8 p.m.	3  1 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. WRAP 5-7 p.m.	7 Relaxation 1 p.m. Growing Mindful 6:00 p.m.	8 Recovery Basics 1 p.m.  Karaoke 6 p.m.	9 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. WRAP 5-7 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 Jewelry Making 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. Playing with Words 4 p.m.  Spades 6:00 p.m.	21 Thumbball Toss 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  1 p.m.  Spades 6 p.m.	28 Wellness Chat 1 p.m. Growing Happy 6 p.m.	29 Thumbball Toss 1 p.m. Social Skills 6 p.m.	30  Pool Tourney 1 p.m. Support Group 8 p.m.	31  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