



# Community Activities Calendar (Virtual Hosting)

~ JULY 2020 ~							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>NOTICE:</b> All events are held virtually. See entrance info at bottom of calendar.			<b>1</b> 3:00PM - 4:00PM <i>Virtual Group</i>  <i>Illness Management and Recovery (IMR)</i>	<b>2</b> 10:00AM - 11:00AM <i>Virtual Group</i>  <i>Intro to ARMHS Skills (NEW!)</i>	<b>3</b> <b>INDEPENDENCE DAY (OBSERVED)</b>  <i>Cottage / office closed</i>	<b>4</b> <b>INDEPENDENCE DAY</b>	
	<b>5</b>	<b>6</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	<b>7</b> 11:00AM - 12:00PM <i>Virtual Group</i>  <i>Healthy Lifestyles</i>	<b>8</b> 3:00PM - 4:00PM <i>Virtual Group</i>  <i>Illness Management and Recovery (IMR)</i>	<b>9</b> 10:00AM - 11:00AM <i>Virtual Group</i>  <i>Intro to ARMHS Skills (NEW!)</i>	<b>10</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	<b>11</b>
	<b>12</b>	<b>13</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	<b>14</b> 11:00AM - 12:00PM <i>Virtual Group</i>  <i>Healthy Lifestyles</i>	<b>15</b> 3:00PM - 4:00PM <i>Virtual Group</i>  <i>Illness Management and Recovery (IMR)</i>	<b>16</b> 10:00AM - 11:00AM <i>Virtual Group</i>  <i>Intro to ARMHS Skills (NEW!)</i>	<b>17</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	<b>18</b>
	<b>19</b>	<b>20</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	<b>21</b> 11:00AM - 12:00PM <i>Virtual Group</i>  <i>Healthy Lifestyles</i>	<b>22</b> 3:00PM - 4:00PM <i>Virtual Group</i>  <i>Illness Management and Recovery (IMR)</i>	<b>23</b> 10:00AM - 11:00AM <i>Virtual Group</i>  <i>Intro to ARMHS Skills (NEW!)</i>	<b>24</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	<b>25</b>
	<b>26</b>	<b>27</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	<b>28</b> 11:00AM - 12:00PM <i>Virtual Group</i>  <i>Healthy Lifestyles</i>	<b>29</b> 3:00PM - 4:00PM <i>Virtual Group</i>  <i>Illness Management and Recovery (IMR)</i>	<b>30</b> 10:00AM - 11:00AM <i>Virtual Group</i>  <i>Intro to ARMHS Skills (NEW!)</i>	<b>31</b> 10:00AM - 11:00AM <i>Virtual Drop-In</i>  <i>Coffee and Conversation</i>	
<b>Zoom Room Link: <a href="https://zoom.us/j/4239727228">https://zoom.us/j/4239727228</a></b> <b>Zoom Dial-in (Audio only) 301.715.8592. After calling enter code: 4239727228</b>							



## LCA Cottage Weekly Groups (Virtual Hosting)

**HEALTHY LIFESTYLES:** Covers a variety of health related topics that are all linked to positive mental well-being.

**IMR:** Illness Management and Recovery modules are covered in detail. Example: Practical Facts About Depression.

**INTRO TO ARMHS SKILLS:** Learn how to apply a variety of recovery-oriented techniques for life enhancement.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM				Intro to ARMHS Skills (NEW!)	
11:00AM - 12:00PM		Healthy Lifestyles			
12:00PM - 1:00PM					
1:00PM - 2:00PM					
2:00PM - 3:00PM					
3:00PM - 4:00PM			IMR		
4:00PM - 5:00PM					