



Community Activities Calendar (Virtual Hosting)

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



LCA Cottage Weekly Groups (Virtual Hosting)

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	
11:00AM - 12:00PM					
12:00PM - 1:00PM					
1:00PM - 2:00PM					
2:00PM - 3:00PM					
3:00PM - 4:00PM			IMR		
4:00PM - 5:00PM					