



Community Activities Calendar (Virtual Hosting)

| ~ OCTOBER 2020 ~ | | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|--------------------|-----|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----|-----------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| NOTICE: All events are held virtually. See entrance info at bottom of calendar. | | 1 | | 1 10:00AM - 11:00AM Virtual Group Intro to ARMHS Skills | 2 | 3 | |
| | 4 | 5 | 6 | 7 3:00PM - 4:00PM Virtual Group Illness Management and Recovery (IMR) | 8 10:00AM - 11:00AM Virtual Group Intro to ARMHS Skills | 9 | 10 |
| | 11 | 12 Columbus Day | 13 | 14 3:00PM - 4:00PM Virtual Group Illness Management and Recovery (IMR) | 15 10:00AM - 11:00AM Virtual Group Intro to ARMHS Skills | 16 | 17 |
| | 18 | 19 | 20 | 21 3:00PM - 4:00PM Virtual Group Illness Management and Recovery (IMR) | 22 10:00AM - 11:00AM Virtual Group Intro to ARMHS Skills | 23 | 24 |
| | 25 | 26 | 27 | 28 3:00PM - 4:00PM Virtual Group Illness Management and Recovery (IMR) | 29 10:00AM - 11:00AM Virtual Group Intro to ARMHS Skills | 30 | 31 Halloween |
| 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 | | | | | |