



Community Activities Calendar (Virtual Hosting)

~ JANUARY 2021 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOTICE: All events are held virtually. See room entrance info at bottom of calendar.					1 NEW YEAR'S DAY <i>LCA OFFICE CLOSED</i>	2
	3	4	5	6 3:00PM - 4:00PM Virtual Group <i>Illness Management and Recovery (IMR)</i>	7	8
	10	11	12	13 3:00PM - 4:00PM Virtual Group <i>Illness Management and Recovery (IMR)</i>	14	15
	17	18	19	20 3:00PM - 4:00PM Virtual Group <i>Illness Management and Recovery (IMR)</i>	21	22
	24	25	26	27 3:00PM - 4:00PM Virtual Group <i>Illness Management and Recovery (IMR)</i>	28	29
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.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM					
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					