



Community Activities Calendar (Virtual Hosting)

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