

August 2026

Centers for Opportunity Merrifield

8221 Willow Oaks Corporate Drive, Suite 1-105, 22031 703.559.3100

Monday – Friday 10:00 am – 4:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 am - 11:30 am - Tranquil Voices 12:00 pm - 1:00 pm- Movie Group 1:30 pm – 2:30 pm –Safe Harbor Rainbow Connection	4 10:30 am –11:30 am- Achieving Wellbeing 12:00 pm -1:00 pm – Artful Expressions 1:30 pm -2:30 pm Balance Life, Work and Mental Health	5 10:30 am –11:30 am -Goals 12:00–1:00 pm– Trivia/Games 1:30 pm – 2:30 pm – Employment Support Workshop	6 10:30 am – 11:30 am -Creative Expressions 12:00 pm – 1:00pm - Pathways to Resilience 1:30 pm -2:30 pm Balance Life, Work and Mental Health	7 10:30 am -11:30 am- A Journey of Strength 12:00 pm -1:00 pm – Music 1:00 pm – 2:00 pm – Weekly Wellness Wrap Up
10 10:30 am - 11:30 am - Tranquil Voices 12:00 pm - 1:00 pm- Movie Group 1:30 pm – 2:30 pm –Safe Harbor Rainbow Connection	11 10:30 am –11:30 am- Achieving Wellbeing 12:00 pm -1:00 pm – Artful Expressions 1:30 pm -2:30 pm Balance Life, Work and Mental Health	12 10:30 am –11:30 am -Goals 12:00 pm –1:00 pm– Trivia/Games 1:30 pm – 2:30 pm – CFO ROWS Workshop	13 10:30 am – 11:30 am -Creative Expressions 12:00 pm – 1:00pm - Pathways to Resilience 1:30 pm -2:30 pm Balance Life, Work and Mental Health	14 10:30 am -11:30 am- A Journey of Strength 12:00 pm -1:00 pm – Music 1:00 pm – 2:00 pm – Weekly Wellness Wrap Up
17 10:30 am - 11:30 am - Tranquil Voices 12:00 pm - 1:00 pm- Movie Group 1:30 pm – 2:30 pm –Safe Harbor Rainbow Connection	18 10:30 am –11:30 am- Achieving Wellbeing 12:00 pm -1:00 pm – Artful Expressions 1:30 pm -2:30 pm Balance Life, Work and Mental Health	19 10:30 am –11:30 am – Goals 12:00 pm –1:00 pm– Trivia/Games 1:30 pm – 2:30 pm – CFO ROWS Workshop	20 10:30 am – 11:30 am -Creative Expressions 12:00 pm – 1:00pm – What Pathways to Resilience 1:30 pm -2:30 pm Balance Life, Work and Mental Health	21 10:30 am -11:30 am- A Journey of Strength 12:00 pm -1:00 pm – Music 1:00 pm – 2:00 pm – Weekly Wellness Wrap Up
24 10:30 am - 11:30 am - Tranquil Voices 12:00 pm - 1:00 pm- Movie Group 1:30 pm – 2:30 pm – Safe Harbor Rainbow Connection	25 10:30 am –11:30 am- Achieving Wellbeing 12:00 pm -1:00 pm – Artful Expressions 1:30 pm -2:30 pm Balance Life, Work and Mental Health	26 10:30 am –11:30 am – Goals 12:00 pm –1:00 pm– Trivia/Games 1:30 pm – 2:30 pm – CFO ROWS Workshop	27 10:30 am – 11:30 am -Creative Expressions 12:00 pm – 1:00pm - Pathways to Resilience 1:30 pm -2:30 pm Balance Life, Work and Mental Health	28 10:30 am -11:30 am- A Journey of Strength 12:00 pm - (Merrifield Fun Day)
31 10:30 am - 11:30 am - Tranquil Voices 12:00 pm - 1:00 pm- Movie Group 1:30 pm – 2:30 pm – Safe Harbor Rainbow Connection			“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing.” (Author: Pele)	