

May 2024

CVAB East

CVAB East
 10201 NE Fourth Plain Blvd.
 Vancouver, WA 98662
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<http://www.cvabonline.org>

Mon	Tue	Wed	Thu	Fri	Sat
<p>All groups and activities in BOLD are in-center or hybrid (H). Groups ** Zoom</p> <p>Groups in BLUE are held at CVAB West, located at the VA campus:1601 E 4th Plain Blvd. Bldg. 17-Suite A114 Orchards Park:9800 NE 54th St, Vancouver, WA 98662</p>		<p>1</p> <p>Wednesday Walk 10AM Gardening Workshop 11AM Everyday Mindfulness (H) 1PM Let's Write ! 2pm</p>	<p>2</p> <p>True Colors (H) 11:30AM **Parents Supporting Parents 7PM <small>For parents of children experiencing addiction</small></p>	<p>3</p> <p>Game Night 6PM</p>	<p>4</p> <p>Men's Support Circle ** 9AM Book Club ** 12PM Vet's Support Circle 1PM Support Circle 2PM</p>
<p>6</p> <p>TED Talks (H) 3PM</p>	<p>7</p> <p>Women's Circle ** 12PM Peer Projects 1PM Garden Club 3PM MRT Study Group 4PM</p>	<p>8</p> <p>Wednesday Walk 10AM Gardening Workshop 11AM Everyday Mindfulness (H) 1PM Let's Write! 2PM</p>	<p>9</p> <p>True Colors (H) 11:30AM **Parents Supporting Parents 7PM <small>For parents of children experiencing addiction</small></p>	<p>10</p> <p>Paint Night 6PM</p>	<p>11</p> <p>Men's Support Circle ** 9AM Book Club ** 12PM Vet's Support Circle 1PM Support Circle ** 2PM</p>
<p>13</p> <p>TED Talks (H) 3PM</p>	<p>14</p> <p>Women's Circle ** 12PM Volunteer Orientation 1PM Peer Projects 1PM Garden Club 3PM MRT Study Group 4PM Men's Circle **6PM</p>	<p>15</p> <p>Wednesday Walk 10AM Gardening Workshop 11AM Everyday Mindfulness (H) 1PM Let's Write! 2PM</p>	<p>16</p> <p>True Colors (H) 11:30AM **Parents Supporting Parents 7PM <small>For parents of children experiencing addiction</small></p>	<p>17</p> <p>Volleyball 6PM (AT ORCHARDS PARK)</p>	<p>18</p> <p>Men's Support Circle ** 9AM Book Club **12PM Vet's Support Circle 1PM Support Circle ** 2PM</p>
<p>20</p> <p>Tracking Your Success 1-2:30PM TED Talks (H) 3PM</p>	<p>21</p> <p>Women's Circle ** 12PM Peer Projects 1PM Garden Club 3PM MRT Study Group 4PM</p>	<p>22</p> <p>Wednesday Walk 10AM Gardening Workshop 11AM Everyday Mindfulness (H) 1PM Let's Write! 2PM</p>	<p>23</p> <p>Volunteer Orientation 10AM True Colors (H) 11:30AM **Parents Supporting Parents 7PM <small>For parents of children experiencing</small></p>	<p>24</p> <p>Speaker Meeting 6PM (AT ORCHARDS PARK)</p>	<p>25</p> <p>Men's Support Circle ** 9AM Book Club ** 12PM Vet's Support Circle 1PM Support Circle ** 2PM</p>
<p>27</p> <p><u>CVAB CLOSED FOR MEMORIAL DAY.</u></p>	<p>28</p> <p>Women's Circle ** 12PM Peer Projects 1PM Garden Club 3PM MRT Study Group 4PM Men's Circle ** 6PM</p>	<p>29</p> <p>Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2PM</p>	<p>30</p> <p>True Colors (H) 11:30AM **Parents Supporting Parents 7PM <small>For parents of children experiencing addiction</small></p>	<p>31</p> <p>Flag Football 6PM (AT ORCHARDS PARK)</p>	<p><u>Operating Hours</u> Monday-Friday 9am-5pm— Activities and hours are subject to change without notice.</p>

Tracking Your Success Workshop

Third Monday of every month—

May 20th 1PM-2:30PM—

Achieve your goals through monthly habit tracking!

GARDEN CLUB

TUESDAY @ 3PM CVAB EAST

The Garden Club meets weekly to plant, nurture and grow food, feed pollinators, and restore natural spaces.

GARDENING WORKSHOPS

1st Four Wednesdays - May — August at 11AM @ CVAB East

May 1st - **Growing More in Less Space** – Learn simple ways to create support structures for growing vegetables in small spaces.

May 8th - **Pollinator Power** - Learn about the power of pollinators.

May 15th - **Medicinal Herbs** – Their use in everyday life.

May 22nd – **Basic Plant Needs** – Soil, water & sunshine.

Zoom/Hybrid Groups & Activities

348-331-1764

Mondays- TED Talks (Hybrid) @ 3PM

Tuesdays- Women's Support Circle @ 12PM
Support Circle (Hybrid) @ 1PM
Write On! (Hybrid) @ 3PM
Men's Support Circle @ 6PM

Wednesdays- Everyday Mindfulness (Hybrid) @ 1PM

Thursdays- True Colors (Hybrid) @ 11:30AM
Support Circle (Hybrid) @ 1PM
Parents Supporting Parents (Zoom) @ 7PM

Saturdays- Men's Support Circle @ 9AM
Book Club @ 12PM

Volunteer Orientation

Tuesday 5/14/2024 @ 1PM

Thursday 5/23/2024 @ 10AM

Learn about our volunteer opportunities and how to start new activities.

Warm Line

(360) 903-2853

7 days a week, 4PM-12AM

Call to speak to a compassionate and non-judgmental peer who will listen, provide support, offer resources, encourage empowerment, and celebrate your successes with you.



Wednesday Walk

Wednesdays @ 10am

Walk and talk through Orchards park.



Let's Write!

Wednesday @ 2PM

Fun and introspective writing group.



True Colors

Thursdays @ 11:30am

LGBTQ+ support group at CVAB East and on Zoom.



Saturday Zoom Activities

Check out our Saturday support circles and activities through zoom!



Veterans Support Circle

Saturdays at 1PM

Located at CVAB West

1601 NE 4th Plain Blvd, Bldg. 17, Ste 114A

Friday Night Activity

*5/3—GAME NIGHT

*5/10—PAINT NIGHT

5/17—VOLLEY BALL (ORCHARDS PARK)

5/31—FLAG FOOTBALL (ORCHARDS PARK)

*Located @ CVAB West 1601 E 4th Plain Blvd Ste A114

Activities start @ 6pm.

Friday Night Activity

Speaker Meeting

5/24 @ 6PM



Listen to stories of hope and inspiration from fellow peers in various stages and forms of recovery. This is a great opportunity to see the many paths to recovery and why **hope** is for **everyone**.

Located @ Orchards Park.

MRT Study Group

Tuesdays @ 4PM at CVAB West

Support for Moral Reconciliation Therapy steps or any other treatment/court assignments.



Parents Supporting Parents

Thursdays @ 7PM

Support circle for parents of children, older and younger, experiencing addiction. (Zoom)



Peer Projects

Tuesdays @ 1PM



Arts, crafts, games and more!

Call or come in and ask about this weeks activity!