APRIL 2024 CVAB East

Peer Projects 1PM

Write On! (H) 3PM

Support Circle (H) 1PM

MRT Study Group 4PM

Men's Support Circle (Zoom) 6PM

STAFF DEVELOPMENT

Sharing Hope.

Lempowering Renewal.

Supporting Recovery

Mon	Tue	Wed	Thu	Fri	Sat
1 TED Talks (H) 3PM	Women's Circle (Zoom) 12PM Peer Projects 1PM Support Circle (H) 1PM Write On! (H) 3PM MRT Study Group 4PM Men's Support Circle (Zoom) 6PM	3 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	*True Colors (H) 11:30AM Support Circle (H) 1PM Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	5 COCOA AND CONVO 6PM	6 Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM Vet's Support Circle 1PM Support Circle (Zoom) 2PM
8 TED Talks (H) 3PM	9 Volunteer Orientation 1PM Women's Circle (Zoom) 12PM Peer Projects 1PM Support Circle (H) 1PM Write On! (H) 3PM MRT Study Group 4PM Men's Support Circle (Zoom) 6PM	10 CLOSED FOR ALL STAFF MEETING	*True Colors (H) 11:30AM Support Circle (H) 1PM Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	OPEN MIC NIGHT 6PM	Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM Vet's Support Circle 1PM Support Circle (Zoom) 2PM
Tracking Your Success 1-2:30PM TED Talks (H) 3PM	16 Women's Circle (Zoom) 12PM Peer Projects 1PM Support Circle (H) 1PM Write On! (H) 3PM MRT Study Group 4PM Men's Support Circle (Zoom) 6PM	17 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	*True Colors (H) 11:30AM Support Circle (H) 1PM Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	PAINT NIGHT 6PM	20 Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM Vet's Support Circle 1PM Support Circle (Zoom) 2PM
22 TED Talks (H) 3PM	23 Women's Circle (Zoom) 12PM Peer Projects 1PM Support Circle (H) 1PM Write On! (H) 3PM MRT Study Group 4PM Men's Support Circle (Zoom) 6PM	24 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	Volunteer Orientation 10AM *True Colors (H) 11:30AM Support Circle (H) 1PM Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	SPEAKER MEETING 6PM	27 Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM Vet's Support Circle 1PM Support Circle (Zoom) 2PM
29 CLOSED AT 2:00 PM FOR	30 Women's Circle (Zoom) 12PM	Groups and activities in Rold are held at CVAR West or Hybrid (H)		CVAB East	

Groups and activities in Bold are held at CVAB West or Hybrid (H).

*Groups held at CVAB East Zoom/Hybrid ID: 348-331-1764.

Operating Hours: Monday-Friday 9am-5pm Activities & Hours subject to change without notice.

CVAB East 10201 NE Fourth Plain Blvd. Vancouver, WA 98662 Phone: (360) 253-4036 Fax: (360) 253-9794 http://www.cvabonline.org

Tracking Your Success Workshop

Third Monday of every month— April 15 1PM-2:30PM-

Achieve your goals through monthly habit tracking!

MRT Study Group

Tuesdays @ 4PM at CVAB West Support for Moral Reconation Therapy steps or any other treatment/court assignments



Thursdays @ 11:30am

LGBTQ+ support group at CVAB east and on Zoom

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) @

7:00PM

Saturdays-Men's Support Circle @ 9AM

> Book Club @ 12PM Support Circle @ 2PM

Volunteer Orientation

Tuesday 4//92024 @ 1PM

Thursday 4/25/2024 @ 10AM

Learn about our volunteer opportunities and how to start new activities

Warm Line

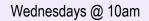


(360) 903-2853

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



Walk and talk through Orchards park

Let's Write!



Wednesday @ 2:00PM

Fun and introspective writing group

Saturday Zoom Activities

Check out our Saturday support circles and activities through zoom!

Veterans Support Circle

Saturdays at 1:00 PM

Located at the West Center

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

Friday Night Activity 4/5 COCOA AND CONVO 4/12 OPEN MIC 4/19 PAINT NIGHT

Located @ CVAB West 1601 E 4th Plain Blvd Ste

Activities start @ 6pm

Friday Night Activity



Speaker Meeting 4/26 @ 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 @ CVAB West 1601 E 4th Plain Blvd Ste A114

Parents Supporting Parents



Thursdays @ 7:00PM

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!

