

March 2024

CVAB WEST

*Sharing Hope.
Empowering Renewal.
Supporting Recovery.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.		1601 E Fourth Plain Blvd. Building 17, Suite A114 Vancouver, WA 98661 Phone: (360) 397-8050 Fax: (360) 397-8059 www.cvabonline.org		1 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Game Night - 6 pm	2 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
4 Destress Your Mess - 1 pm TED Talks - 3 pm (H)	5 Volunteer Orientation - 11 am Women's Circle - 12 pm (Zoom) Support Circle - 1 pm (H) Write On! - 3 pm (H) MRT Study Group - 4 pm Men's Circle - 6 pm (Zoom)	6 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Let's Get Crafty - 3 pm	7 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Veterans' Support Circle - 3pm Parents' Supporting Parents - 7pm (Zoom)	8 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Jamboree Journal - 6 pm	9 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
11 Destress Your Mess - 1 pm TED Talks - 3 pm (H)	12 Women's Circle - 12 pm (Zoom) Support Circle - 1 pm (H) Write On! - 3 pm (H) MRT Study Group - 4 pm Men's Circle - 6 pm (Zoom)	13 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Let's Get Crafty - 3 pm	14 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Veterans' Support Circle - 3pm Parents' Supporting Parents - 7pm (Zoom)	15 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Paint Night - 6 pm	16 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
18 Destress Your Mess - 1 pm TED Talks - 3 pm (H)	19 Women's Circle - 12 pm (Zoom) Support Circle - 1 pm (H) Write On! - 3 pm (H) MRT Study Group - 4 pm Men's Circle - 6 pm (Zoom)	20 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Let's Get Crafty - 3 pm	21 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Volunteer Orientation - 2 pm Veterans' Support Circle - 3 pm Parents' Supporting Parents - 7pm (Zoom)	22 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Speaker Meeting - 6 pm	23 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
25 Destress Your Mess - 1 pm Center Closed at 2 pm (Team Development)	26 Women's Circle - 12 pm (Zoom) Support Circle - 1 pm (H) Write On! - 3 pm (H) MRT Study Group - 4 pm Men's Circle - 6 pm (Zoom)	27 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Let's Get Crafty - 3 pm	28 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Veterans' Support Circle - 3pm Parents' Supporting Parents - 7pm (Zoom)	29 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Mini Movie - 6 pm	30 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)



Zoom & Hybrid Groups

Zoom/Hybrid ID: 348 331 1764

Monday—Ted Talks 3 pm (H)

Tuesday—Women's Support Circle 12 pm (Zoom)

Tuesday—Support Circle 1 pm (H)

Tuesday—Write On! 3 pm (H)

Tuesday—Men's Circle 6 pm (Zoom)

Wednesday—Everyday Mindfulness 1 pm (H)

Thursday—*True Colors 11:30 am (H)

Thursday—Support Circle 1 pm (H)

Thursday—Parents Supporting Parents 7:00 pm (Zoom)

Saturday—Men's Support Circle 9 am (Zoom)

Saturday—Book Club 12 pm (Zoom)

Saturday—Support Circle 2 pm (Zoom)

Warm Line

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

(360) 903-2853

7 days a week 4 pm-12 am

Volunteer Orientation

Learn about volunteer opportunities at CVAB

Tuesday, March 5, 11 am

Thursday, March 21, 2 pm

Parents Supporting Parents

Support for parents whose children of any age are experiencing substance challenges

Thursdays 7:00 pm (Zoom)

Peer Projects

Games or Crafts

Fridays 1 pm

Let's Get Crafty

Make & Take Activities

Wednesdays 3 pm

Write On!

Tuesdays 3 pm (Hybrid)

Journaling and creative writing group

Book Club

Listen to an audio book with peers on Zoom

Saturdays 12 pm

Chair Yogaerobics

Get fit while you sit!

Fridays 2:30 am

True Colors at CVAB East (Hybrid)

LGBTQ+ Peer Support

Thursdays 11:30 am

CVAB East (Hybrid)



Everyday Mindfulness

Grounding and Mindfulness Skills

Wednesdays 1 pm (Hybrid)

MRT Study Group

Support for Moral Reconation Therapy steps or any other treatment assignments

Tuesdays 4 pm

Friday Nights at CVAB WEST

3/1/2024 - Game Night - 6 pm

3/8/2024 - Jamboree Journal - 6 pm

3/15/2024 - Paint Night - 6 pm

3/22/2024 - Speaker meeting - 6 pm

3/29/2024 - Mini Movies - 6 pm