


January 2024

CVAB East

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

Mon	Tue	Wed	Thu	Fri	Sat
	1 Women's Circle** 12PM MRT Study Group 4PM Men's Circle ** 6PM	2 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	3 True Colors (H) 11:30AM Parents Supporting Parents (H) 5:30PM <small>For parents of children experiencing addiction</small>	4 Peer Project 12PM Vision Board 6PM	5 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle 2PM
8 TED Talks (H) 3PM	9 Volunteer Orientation 1PM Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM	10 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	11 True Colors (H) 11:30AM Parents Supporting Parents (H) 5:30PM <small>For parents of children experiencing addiction</small>	12 Peer Project 12PM Comedy Night 6PM	13 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM
	15 Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM	16 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	17 True Colors (H) 11:30AM Parents Supporting Parents (H) 5:30PM <small>For parents of children experiencing addiction</small>	18 Peer Project 12PM Paint Night 6PM	19 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM
22 TED Talks (H) 3PM	23 Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM	24 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	25 Volunteer Orientation 10AM True Colors (H) 11:30AM Parents Supporting Parents (H) 5:30PM <small>For parents of children experiencing addiction</small>	26 Peer Project 12PM Speaker Meeting 6PM	27 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM
29 TED Talks (H) 3PM	30 Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM	31 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	Operating Hours Monday-Friday 9am-5pm Activities and hours are subject to change without notice	All groups and activities in BOLD are in-center or hybrid (H). Groups ** Zoom Groups in BLUE are held at CVAB West, located at the VA campus: 1601 E 4th Plain Blvd. Bldg. 17-Suite A114 Zoom/Hybrid ID: 348-331-1764	

Tracking Your Success Workshop

Will return March 18th 1PM-2:30PM—
Can be requested as a Life Skill in January & February.
Achieve your goals through monthly habit tracking!

MRT Study Group

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



True Colors

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 (Hybrid) @ 5:30PM
- Saturdays-** Men's Support Circle @ 9AM
Book Club @ 12PM
Support Circle @ 2PM

Volunteer Orientation

Tuesday 1/9/2024 @ 1PM
Thursday 1/25/2024 @ 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



Wednesdays @ 10am

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!



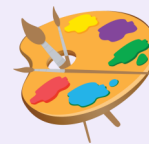
Friday Night Activity

Vision Board 1/5
Craft your vision for 2024



Comedy Night 1/12
Laugh together with your peers

Paint Night 1/19
Follow a painting activity together



Located @ CVAB West 1601 E 4th Plain Blvd Ste A114
Activities start @ 6pm

Friday Night Activity

Speaker Meeting

1/26 @ 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 @ 5:30PM

Support circle for parents of children, older and younger,
experiencing addiction



Peer Projects

Fridays @ 12PM

Arts, crafts, games and more!



Call or come in and ask about this weeks activity!