




January 2024

CVAB WEST



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Closed for New Year's Day	2 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)	3 Everyday Mindfulness - 1 pm (H) Let's Get Crafty - 3 pm	4 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Veterans' Support Circle - 3 pm *Parents' Supporting Parents- 5:30 pm (H)	5 Peer Projects - 1 pm Chair YogAerobics - 2:30 pm Vision Board - 6 pm	6 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
8 Destress Your Mess - 1 pm TED Talks - 3 pm (H)	9 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)	10 Wellness 101 - 10 am Everyday Mindfulness - 1 pm (H) Let's Get Crafty - 3 pm	11 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Veterans' Support Circle - 3 pm *Parents' Supporting Parents- 5:30 pm (H)	12 Peer Projects - 1 pm Chair YogAerobics - 2:30 pm Comedy Night - 6 pm	13 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
15  Closed for Martin Luther King Jr. Day	16 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)	17 Wellness 101 - 10 am Everyday Mindfulness - 1 pm (H) Let's Get Crafty - 3 pm	18 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Volunteer Orientation - 2 pm Veterans' Support Circle - 3 pm *Parents' Supporting Parents- 5:30 pm (H)	19 Peer Projects - 1 pm Chair YogAerobics - 2:30 pm Paint Night - 6 pm	20 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
22 Destress Your Mess - 1 pm TED Talks - 3 pm (H)	23 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)	24 Wellness 101 - 10 am Everyday Mindfulness - 1 pm (H) Let's Get Crafty - 3 pm	25 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Veterans' Support Circle - 3 pm *Parents' Supporting Parents- 5:30 pm (H)	26 Peer Projects - 1 pm Chair YogAerobics - 2:30 pm Speaker Meeting - 6 pm	27 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Support Circle - 2 pm (Zoom)
29 Destress Your Mess - 1 pm  Center Closed at 2pm (Team Development)	30 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)	31 Wellness 101 - 10 am Everyday Mindfulness - 1pm (H) Let's Get Crafty - 3pm	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

Volunteer Orientation

Learn about volunteer opportunities at CVAB

Tuesday January 2nd, 11 am

Thursday January 18th, 2 pm

Peer Projects

Games or Crafts

Fridays 1 pm

Chair YogaAerobics

Get fit while you sit!

Fridays 2:30 pm

Destress Your Mess

Self-Action and Self-Care

Mondays 1 pm

Book Club

Listen to an audiobook

with peers on Zoom

Saturdays 12 pm



True Colors

LGBTQ+ Peer Support

Thursdays 11:30 am

CVAB East (Hybrid)

Parents Supporting Parents

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

Thursdays 5:30 pm

CVAB East (Hybrid)

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

Zoom & Hybrid Groups

#348 331 1764

Monday—Ted Talks 3 pm (H)

Tuesday—Women's Support Circle 12 pm

Tuesday—Support Circle 1 pm (H)

Tuesday—Write On! 3 pm (H)

Tuesday—Men's Circle 6 pm

Wednesday—Everyday Mindfulness 1 pm (H)

Thursday—*True Colors 11:30 am (H)

Thursday—Support Circle 1 pm (H)

Thursday—*Parents Supporting Parents 5:30 pm (H)

Saturday—Men's Support Circle 9 am

Saturday—Book Club 12pm

Saturday—Support Circle 2 pm

Write On!

Journaling and creative writing group

Tuesdays 3 pm (Hybrid)

Let's Get Crafty

Come Get Crafty

Wednesdays 3 pm

Wellness 101

Weekly Class

Wellness skills for life...

Ask about Life Skills for Therapeutic Courts

Wednesday 10 am

MRT Study Group

Support for Moral Reconation Therapy steps or any other treatment assignments

Tuesdays 4 pm

Everyday Mindfulness

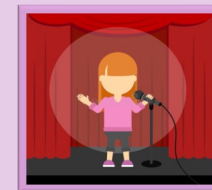
Grounding and Mindfulness Skills

Wednesdays 1 pm (Hybrid)

Friday Nights at CVAB WEST

1/5/2024 - **Vision Board** - 6 pm

1/12/2024 - **Comedy Night** - 6 pm



1/19/2024 - **Paint Night** - 6 pm

1/26/2024 - **Speaker Meeting** - 6 pm