

MARCH 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
<p>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</p>			<p>Operating Hours Monday-Friday 9am-5pm— Activities and hours are subject to change without notice.</p>	<p>Peer Project 12PM JEOPARDY 6PM</p>	<p>Men's Support Circle ** 9AM Book Club ** 12PM Support Circle 2PM</p>
<p>4 TED Talks (H) 3PM</p>	<p>5 Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM</p>	<p>6 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM</p>	<p>7 True Colors (H) 11:30AM **Parents Supporting Parents 7:00PM For parents of children experiencing addiction</p>	<p>8 Peer Project 12PM JAMBOREE JOURNAL 6PM</p>	<p>9 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM</p>
<p>11 TED Talks (H) 3PM</p>	<p>12 Volunteer Orientation 1PM Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM</p>	<p>13 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM</p>	<p>14 True Colors (H) 11:30AM **Parents Supporting Parents 7:00PM For parents of children experiencing addiction</p>	<p>15 Peer Project 12PM PAINT NIGHT 6PM</p>	<p>16 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM</p>
<p>18 Tracking Your Success 1-2:30PM TED Talks (H) 3PM</p>	<p>19 Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM</p>	<p>20 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM</p>	<p>21 True Colors (H) 11:30AM **Parents Supporting Parents 7:00PM For parents of children experiencing addiction</p>	<p>22 Peer Project 12PM SPEAKER MEETING 6PM</p>	<p>23 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM</p>
<p>25 CLOSED AT 2:00 PM FOR STAFF DEVELOPMENT</p>	<p>26 Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM</p>	<p>27 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM</p>	<p>28 Volunteer Orientation 10AM True Colors (H) 11:30AM **Parents Supporting Parents 7:00PM For parents of children experiencing addiction</p>	<p>29 Peer Project 12PM MINI MOVIE NIGHT 6PM</p>	<p>30 Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM</p>

Tracking Your Success Workshop

Third Monday of every month—
March 18th 1PM-2:30PM—
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 (Zoom) @ 7:00PM
- Saturdays-** Men's Support Circle @ 9AM
Book Club @ 12PM
Support Circle @ 2PM

Volunteer Orientation

Tuesday 3/12/2024 @ 1PM
Thursday 3/28/2024 @ 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

3/1—JEOPARDY
3/8—JAMBOREE JOURNAL
3/15—PAINT NIGHT
3/29—MINI MOVIE NIGHT

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

Activities start @ 6pm



Friday Night Activity

Speaker Meeting

3/22 @ 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

Fridays @ 12PM

Arts, crafts, games and more!

Call or come in and ask about this weeks activity!

