# MARCH 2024 CVAB East

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

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Mon	Tue	Wed	Thu	Fri	Sat
Groups in <b>BLUE</b> are held a	activities in <b>BOLD</b> are in-cen Groups ** Zoom t CVAB West, located at the \ Blvd. Bldg. 17- A114 <b>Zoom/Hybrid ID: 348-3</b>	VA campus: 1601 E 4th Plain	Operating Hours  Monday-Friday 9am-5pm— Activities and hours are subject to change without notice.	Peer Project 12PM  JEOPARDY 6PM	Men's Support Circle ** 9AM Book Club ** 12PM Support Circle 2PM
TED Talks (H) 3PM	Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM	6 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	7 True Colors (H) 11:30AM  **Parents Supporting Parents 7:00PM For parents of children experiencing addiction	Peer Project 12PM  JAMBOREE JOUNAL 6PM	Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM
TED Talks (H) 3PM	Volunteer Orientation 1PM Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM	13 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	True Colors (H) 11:30AM  **Parents Supporting Parents 7:00PM For parents of children experiencing addiction	PAINT NIGHT 6PM	Men's Support Circle ** 9AM Book Club **12PM Support Circle ** 2PM
Tracking Your Success 1-2:30PM TED Talks (H) 3PM	Women's Circle ** 12PM  MRT Study Group 4PM  Men's Circle ** 6PM	20 Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	True Colors (H) 11:30AM  **Parents Supporting Parents 7:00PM For parents of children experiencing addiction	Peer Project 12PM SPEAKER MEETING 6PM	Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM
25 CLOSED AT 2:00 PM FOR STAFF DEVELOPMENT	Women's Circle ** 12PM MRT Study Group 4PM Men's Circle ** 6PM	Wednesday Walk 10AM Everyday Mindfulness (H) 1PM Let's Write! 2:00PM	Volunteer Orientation 10AM  True Colors (H) 11:30AM  **Parents Supporting Parents 7:00PM For parents of children experiencing addiction	Peer Project 12PM  MINI MOVIE NIGHT 6PM	Men's Support Circle ** 9AM Book Club ** 12PM Support Circle ** 2PM

# **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 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 3/12/2024 @ 1PM

Thursday 3/28/2024 @ 10AM

Learn about our volunteer opportunities and how to start new activities

# **Warm Line**

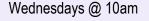


(360) 903-2853

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**



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!