

May 2024

CVAB WEST

*Sharing Hope.
Empowering Renewal.
Supporting Recovery.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>		<p>1 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Walkin' On Sunshine - 2 pm Let's Get Crafty - 3 pm</p>	<p>2 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Parents Supporting Parents - 7pm (Zoom)</p>	<p>3 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Game Night - 6 pm</p>	<p>4 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Veterans Support Circle - 1 pm Support Circle - 2 pm (Zoom)</p>
<p>6 Destress Your Mess - 1 pm TED Talks - 3 pm (H)</p>	<p>7 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</p>	<p>8 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Walkin' On Sunshine - 2 pm Let's Get Crafty - 3 pm</p>	<p>9 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Parents Supporting Parents - 7pm (Zoom)</p>	<p>10 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Paint Night- 6 pm</p>	<p>11 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Veterans Support Circle - 1 pm Support Circle - 2 pm (Zoom)</p>
<p>13 Destress Your Mess - 1 pm TED Talks - 3 pm (H)</p>	<p>14 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)</p>	<p>15 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Walkin' On Sunshine - 2 pm Let's Get Crafty - 3 pm</p>	<p>16 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Volunteer Orientation - 2 pm Parents Supporting Parents - 7pm (Zoom)</p>	<p>17 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Volleyball- 6 pm (at Orchards Park)</p>	<p>18 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Veterans Support Circle - 1 pm Support Circle - 2 pm (Zoom)</p>
<p>20 Destress Your Mess - 1 pm TED Talks - 3 pm (H)</p>	<p>21 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)</p>	<p>22 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Walkin' On Sunshine - 2 pm Let's Get Crafty - 3 pm</p>	<p>23 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Parents Supporting Parents - 7pm (Zoom)</p>	<p>24 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Speaker Meeting- 6 pm (at Orchards Park)</p>	<p>25 Men's Circle - 9 am (Zoom) Book Club - 12 pm (Zoom) Veterans Support Circle - 1 pm Support Circle - 2 pm (Zoom)</p>
<p>27 CVAB CLOSED FOR MEMORIAL DAY</p>	<p>28 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)</p>	<p>29 Everyday Mindfulness - 1 pm (H) (30-minute Activity) Walkin' On Sunshine - 2 pm Let's Get Crafty - 3 pm</p>	<p>30 *True Colors - 11:30 am (H) Support Circle - 1 pm (H) Parents Supporting Parents - 7pm (Zoom)</p>	<p>31 Peer Projects - 1 pm Chair Yogaerobics - 2:30 pm (30-minute Activity) Flag Football - 6 pm (at Orchards Park)</p>	<p>1601 E Fourth Plain Blvd. Building 17, Suite A114 Vancouver, WA 98661 Phone: (360) 397-8050 Fax: (360) 397-8059 www.cvabonline.org</p>



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

MRT Study Group

Support for Moral Reconciliation Therapy steps or any other treatment assignments

Tuesdays 4 pm

Veterans Support Circle

Saturday - 1 pm (In Person)

Volunteer Orientation

Learn about volunteer opportunities at CVAB

Tuesday, May 8, 11 am

Thursday, May 17, 2 pm



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)

Walkin' On Sunshine

Brightening your day, one step at a time!

Wednesdays - 2 pm

Let's Get Crafty

Make & Take Activities

Wednesdays - 3 pm

Chair Yogaerobics

Get fit while you sit!

Fridays - 2:30 am

Peer Projects

Games or Crafts

Fridays - 1 pm

Friday Nights at CVAB WEST

5/3/2024 - **Game Night** - 6 pm

5/10/2024 - **Paint Night** - 6 pm

5/17/2024 - **Volleyball** (at Orchards Park) - 6 pm

5/24/2024 - **Speaker Meeting** (at Orchards Park) - 6 pm

5/31/2024 - **Flag Football** (at Orchards Park) - 6 pm