

April 2024

# CVAB WEST

*Sharing Hope.  
Empowering Renewal.  
Supporting Recovery.*

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|---|--|--|---|---|
| <p>1<br/>Destress Your Mess - 1 pm<br/>TED Talks - 3 pm (H)</p>                                      | <p>2<br/>Volunteer Orientation - 11 am<br/>Women's Circle - 12 pm (Zoom)<br/>Support Circle - 1 pm (H)<br/>Write On! - 3 pm (H)<br/>MRT Study Group - 4 pm<br/>Men's Circle - 6 pm (Zoom)</p> | <p>3<br/>Everyday Mindfulness - 1 pm (H)<br/>(30-minute Activity)<br/>Walkin' On Sunshine - 2 pm<br/>Let's Get Crafty - 3 pm</p>   | <p>4<br/>*True Colors - 11:30 am (H)<br/>Support Circle - 1 pm (H)<br/>Parents Supporting Parents - 7pm<br/>(Zoom)</p>                                   | <p>5<br/>Peer Projects - 1 pm<br/>Chair Yogaerobics - 2:30 pm<br/>(30-minute Activity)<br/>Cocoa &amp; Convo - 6 pm</p>                                   | <p>6<br/>Men's Circle - 9 am (Zoom)<br/>Book Club - 12 pm (Zoom)<br/>Veterans Support Circle - 1 pm<br/>Support Circle - 2 pm (Zoom)</p>  |
| <p>8<br/>Destress Your Mess - 1 pm<br/>TED Talks - 3 pm (H)</p>                                      | <p>9<br/>Women's Circle - 12 pm (Zoom)<br/>Support Circle - 1 pm (H)<br/>Write On! - 3 pm (H)<br/>MRT Study Group - 4 pm<br/>Men's Circle - 6 pm (Zoom)</p>                                   | <p>10<br/><b>Closed for All Staff Meeting</b></p>  | <p>11<br/>*True Colors - 11:30 am (H)<br/>Support Circle - 1 pm (H)<br/>Parents Supporting Parents - 7pm<br/>(Zoom)</p>                                  | <p>12<br/>Peer Projects - 1 pm<br/>Chair Yogaerobics - 2:30 pm<br/>(30-minute Activity)<br/>Open Mic Night - 6 pm</p>                                     | <p>13<br/>Men's Circle - 9 am (Zoom)<br/>Book Club - 12 pm (Zoom)<br/>Veterans Support Circle - 1 pm<br/>Support Circle - 2 pm (Zoom)</p> |
| <p>15<br/>Destress Your Mess - 1 pm<br/>TED Talks - 3 pm (H)</p>                                     | <p>16<br/>Women's Circle - 12 pm (Zoom)<br/>Support Circle - 1 pm (H)<br/>Write On! - 3 pm (H)<br/>MRT Study Group - 4 pm<br/>Men's Circle - 6 pm (Zoom)</p>                                  | <p>17<br/>Everyday Mindfulness - 1 pm (H)<br/>(30-minute Activity)<br/>Walkin' On Sunshine - 2 pm<br/>Let's Get Crafty - 3 pm</p>  | <p>18<br/>*True Colors - 11:30 am (H)<br/>Support Circle - 1 pm (H)<br/>Volunteer Orientation - 2 pm<br/>Parents Supporting Parents - 7pm<br/>(Zoom)</p> | <p>19<br/>Peer Projects - 1 pm<br/>Chair Yogaerobics - 2:30 pm<br/>(30-minute Activity)<br/>Paint Night - 6 pm</p>  | <p>20<br/>Men's Circle - 9 am (Zoom)<br/>Book Club - 12 pm (Zoom)<br/>Veterans Support Circle - 1 pm<br/>Support Circle - 2 pm (Zoom)</p> |
| <p>22<br/>Destress Your Mess - 1 pm<br/>TED Talks - 3 pm (H)</p>                                     | <p>23<br/>Women's Circle - 12 pm (Zoom)<br/>Support Circle - 1 pm (H)<br/>Write On! - 3 pm (H)<br/>MRT Study Group - 4 pm<br/>Men's Circle - 6 pm (Zoom)</p>                                  | <p>24<br/>Everyday Mindfulness - 1 pm (H)<br/>(30-minute Activity)<br/>Walkin' On Sunshine - 2 pm<br/>Let's Get Crafty - 3 pm</p>  | <p>25<br/>*True Colors - 11:30 am (H)<br/>Support Circle - 1 pm (H)<br/>Parents Supporting Parents - 7pm<br/>(Zoom)</p>                                  | <p>26<br/>Peer Projects - 1 pm<br/>Chair Yogaerobics - 2:30 pm<br/>(30-minute Activity)<br/>Speaker Meeting - 6 pm</p>                                    | <p>27<br/>Men's Circle - 9 am (Zoom)<br/>Book Club - 12 pm (Zoom)<br/>Veterans Support Circle - 1 pm<br/>Support Circle - 2 pm (Zoom)</p> |
| <p>29<br/>Destress Your Mess - 1 pm<br/><br/><b>Center Closed at 2 pm<br/>(Team Development)</b></p> | <p>30<br/>Women's Circle - 12 pm (Zoom)<br/>Support Circle - 1 pm (H)<br/>Write On! - 3 pm (H)<br/>MRT Study Group - 4 pm<br/>Men's Circle - 6 pm (Zoom)</p>                                  | <p>Groups and activities in <b>Bold</b> are held at CVAB West or hybrid (H)<br/>*Groups held at CVAB East Zoom/Hybrid ID: 348-331-1764<br/>Operating Hours: Monday-Friday 9am-5pm<br/>Activities &amp; Hours subject to change without notice.</p> |  | <p>1601 E Fourth Plain Blvd. Building 17, Suite A114<br/>Vancouver, WA 98661<br/>Phone: (360) 397-8050<br/>Fax: (360) 397-8059<br/>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

**Chair Yogaerobics**

Get fit while you sit!  
Fridays 2:30 am

**True Colors at CVAB East (Hybrid)**

LGBTQ+ Peer Support  
Thursdays 11:30 am  
CVAB East (Hybrid)

**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)

**Volunteer Orientation**

Learn about volunteer opportunities at CVAB

Tuesday, April 2, 11 am

Thursday, April 18, 2 pm

**Parents Supporting Parents**

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

Thursdays 7:00 pm (Zoom)



**Peer Projects**

Games or Crafts  
Fridays 1 pm

**Everyday Mindfulness**

Grounding and Mindfulness Skills  
Wednesdays 1 pm (Hybrid)

**Let’s Get Crafty**

Make & Take Activities  
Wednesdays 3 pm

**MRT Study Group**

Support for Moral Reconciliation Therapy steps or any other treatment assignments  
Tuesdays 4 pm

**Write On!**

Tuesdays 3 pm (Hybrid)  
Journaling and creative writing group

**Friday Nights at CVAB WEST**

4/5/2024 - Cocoa & Convo - 6 pm

4/12/2024 - Open Mic Night - 6 pm

4/19/2024 - Paint Night - 6 pm

4/26/2024 - Speaker Meeting - 6 pm

**Walkin' On Sunshine**

Brightening your day, one step at a time!  
Wednesdays 2 pm

**Book Club**

Listen to an audio book with peers on Zoom  
Saturdays 12 pm

**Saturday - Veterans Support Circle 1 pm (In Person)**