

April

Recovery, Empowerment, Advocacy, Community, Hope

2018

The REACH Center

A program of CVAB

1601 E 4th Plain Blvd Building 17, First Floor (A114)

Phone: (360) 397-8050 Fax: (360) 397-8059













www.cvabonline.com

The REACH Center

OPEN Monday Friday 9AM to 7PM

Saturday 9AM-5PM

*Hours & activities subject to change without notice

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 	2 DSHS 9AM YOGA 10AM Recreation for Recovery 1PM	3 Tools for Life 11AM Recovery 101 12PM Meditation through Breathing 4:30PM	4 Managing Anger 11AM Support Group 2PM DRA 4:30PM OHANA 6PM	5 Support Group 11AM "Food & Body Image" Tools for Life 1PM	6 Walking Group 11AM TGIF 1PM Make-n-Take "glitter jars"	7 Coffee Klatch 10AM  Support Circle 1PM	
8 	9 DSHS 9AM YOGA 2:30PM Recreation for Recovery HVN 4:30PM	10 Tools for Life 11AM Recovery 101 12PM Meditation through Breathing 4:30PM	11 Managing Anger 11AM Support Group 2PM DRA 4:30PM	12 Support Group 11AM "Food & Body Image" Tools for Life 1PM	13 Walking Group 11AM TGIF 1PM Come join us for games and activities!! 	14 Coffee Klatch 10AM  Support Circle 1PM	
15 	16 DSHS 9AM YOGA 10AM Recreation for Recovery 1PM	17 Tools for Life 11AM Recovery 101 12PM Meditation through Breathing 4:30PM	18 Managing Anger 11AM Support Group 2PM DRA 4:30PM OHANA 6PM	19 Support Group 11AM "Food & Body Image" Tools for Life 1PM	20 Walking Group 11AM TGIF 1PM Make-n-Take "string art"	21 Coffee Klatch 10AM  Support Circle 1PM	
22 	23 DSHS 9AM YOGA 2:30PM Recreation for Recovery 1PM	24 Tools for Life 11AM Recovery 101 12PM Meditation through Breathing 4:30PM	25 Managing Anger 11AM Support Group 2PM DRA 4:30PM	26 Support Group 11AM "Food & Body Image" Tools for Life 1PM Volunteer Appreciation 3pm	27 Walking Group 11AM TGIF 1PM Come join us for games and activities!! 	28 Coffee Klatch 10AM  Support Circle 1PM	
29 	30 The REACH Center Closes 2PM (Staff Development)					<div style="border: 1px solid blue; padding: 10px;"> <p>Warm Line Everyday 4PM – 12AM Call Us At: (360) 903-2853</p> </div>	

Would it be helpful to have someone to talk to?

You will find a kind, compassionate, non-judgmental Peer who will listen, help to problem-solve, provide a resource or celebrate successes with you on

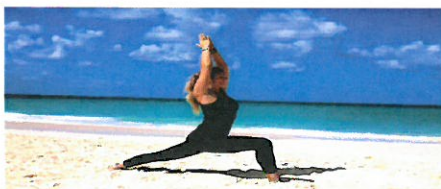
The Warm Line

A program of CVAB

(360) 903-2853

April 2018

Come join us for YOGA every Monday in April!! See Calendar for details



The heart of our agency is **peer to peer support** and we provide it through regularly scheduled activities and readily accessible peer support. The REACH Center is a complement to the mental health, addiction and crisis systems. The services are offered free of pressure, hassles and time limits: it is also free of charge.

New Support group "Food & Body Image"

Thursday's @ 11AM



Come walk with us!!
Friday's @ 11AM



DSHS Walk-in Appointments

Mondays 9AM - 11:30AM

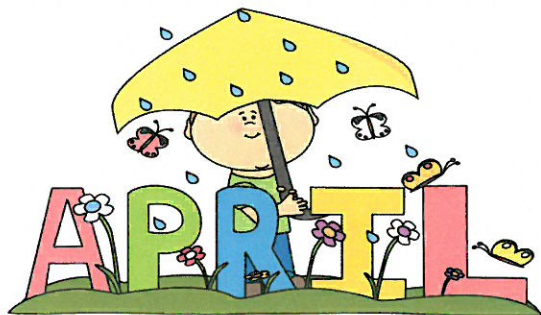
Apply for Benefits

Get Your Questions Answered

VOLUNTEER AT THE REACH CENTER

Build confidence and skills while helping others. Be proactive in your wellness, recovery and healing.

Ask us how!



Vancouver Hearing Voices Network (HVN)

HVN has a mental diversity approach where we explore creativity, spirituality, trauma, and sensitivity in our experiences. We hope to reduce fear and misunderstanding, overcome isolation and create a more inclusive and understanding community through compassionate dialog in a non-judgmental atmosphere.

Peer support group for parents



PLEASE JOIN US THE 1ST AND 3RD WEDNESDAY AT 6PM AT THE REACH CENTER

This Group Involves Fun!!!!

TGIF

Every Friday @ 1:00

Come join us for crafts, activities & games!