

RECOVERY
EMPOWERMENT
ADVOCACY
COMMUNITY
HOPE

AUGUST 2018

At CVAB's REACH Center

OPEN MONDAY-FRIDAY 9 AM-7 PM

SATURDAY 9 AM-5 PM

*HOURS AND ACTIVITIES SUBJECT TO
CHANGE WITHOUT NOTICE*

"LIKE" US ON FACEBOOK

WWW.FACEBOOK.COM/CVABREACH



<p>THE REACH CENTER: A PROGRAM OF CVAB 1601 E FOURTH PLAIN BLVD BUILDING 1, A114 PHONE: (360)-397-8050 FAX: (360) 397-8059 WWW.CVABONLINE.COM</p>		<p>CVAB'S WARMLINE EVERYDAY 4PM-12AM CALL US AT (360) 903-2853</p>		<p>01 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM OHANA 6PM</p>	<p>02 CREATIVE JOURNALING 11AM WRAP 10AM # TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 4PM</p>	<p>03 WALK FOR WELLNESS 10AM "TLC" 4PM</p>	<p>04 PEER SUPPORT GROUP 11AM MEN'S SUPPORT GROUP 4PM</p>
<p>05 </p>	<p>06 DSHS 9AM WALK-N-TALK TOUR 9:30AM TOOLS FOR LIFE 11:30AM RECREATION FOR RECOVERY 1PM</p>	<p>07 FOOD AND BODY IMAGE SUPPORT GROUP 11AM RECOVERY 101 12PM</p>	<p>08 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM</p>	<p>09 CREATIVE JOURNALING 11AM WRAP 10AM # TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 4PM</p>	<p>10 WALK FOR WELLNESS 10AM MAKE-N-TAKE: "GALAXY NEBULA PAINTING" # "TLC" 4PM OPERA IN THE CHAPEL 5:30PM</p>	<p>11 PEER SUPPORT GROUP 11AM MEN'S SUPPORT GROUP 4PM</p>	
<p>12 </p>	<p>13 DSHS 9AM YOGA 10AM TOOLS FOR LIFE 11:30AM RECREATION FOR RECOVERY 1PM HVN 5:00 PM</p>	<p>14 FOOD AND BODY IMAGE SUPPORT GROUP 11AM RECOVERY 101 12PM</p>	<p>15 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM OHANA 6PM</p>	<p>16 CREATIVE JOURNALING 11AM WRAP 10AM # TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 4PM</p>	<p>17 WALK THE WATERFRONT 10AM TGIF 1PM JOIN US FOR GAMES! "TLC" 4PM</p>	<p>18 PEER SUPPORT GROUP 11AM MEN'S SUPPORT GROUP 4PM</p>	
<p>19 </p>	<p>20 DSHS 9AM TOOLS FOR LIFE 11:30AM RECREATION FOR RECOVERY 1PM COMMUNITY GATHERING 2PM</p>	<p>21 FOOD AND BODY IMAGE SUPPORT GROUP 11AM RECOVERY 101 12PM</p>	<p>22 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM</p>	<p>23 CREATIVE JOURNALING 11 AM WRAP 10AM # TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 4PM</p>	<p>24 WALK FOR WELLNESS 10AM MAKE-N-TAKE: "WAVE ON BEACH PAINTING" 1PM # "TLC" 4PM</p>	<p>25 "TELLING YOUR STORY WITH A PURPOSE" ADVOCACY TRAINING SESSION 1: 9 AM TO - 12:30 PM SESSION 2: 12:30 PM TO-4 PM</p>	
<p>26 </p>	<p>27 DSHS 9AM YOGA 10AM TOOLS FOR LIFE 11:30AM RECREATION FOR RECOVERY 1PM REACH CLOSES 2PM</p>	<p>25 FOOD AND BODY IMAGE SUPPORT GROUP 11AM RECOVERY 101 12PM</p>	<p>29 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM</p>	<p>30 CREATIVE JOURNALING 11AM WRAP 10AM # TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 4PM</p>	<p>31 REACH CENTER CLOSED CVAB BBQ AND POTLUCK 12 PM- 3 PM ORCHARD'S PARK PAVILION</p>	<p>#-PRE REGISTRATION REQUIRED</p>	

AUGUST 2018

@ REACH

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. SERVICES ARE OFFERED FREE OF CHARGE, HASSLES, AND TIME LIMITS.

CREATIVE JOURNALING

JOIN US FOR A JOURNALING GROUP EVERY THURSDAY AT 11AM. EACH WEEK THE FACILITATOR WILL CHOOSE A TOPIC RELATED TO RECOVERY AND WE WILL JOURNAL ABOUT IT AND HAVE THE OPTION TO SHARE WITH PEERS.

TGIF!

THIS GROUP INVOLVES FUN!

JOIN US EVERY FRIDAY FOR GAMES, ACTIVITIES, AND CRAFTS. BE SURE TO PRE-REGISTER IF YOU WANT TO PARTICIPATE IN OUR CRAFT ACTIVITIES!

CVAB BBQ AND PICNIC

JOIN US ON FRIDAY AUGUST 31ST FOR A BBQ AND POTLUCK AT ORCHARD'S PARK. HAMBURGERS AND HOTDOGS WILL BE PROVIDED, BUT PLEASE BRING A DISH TO SHARE!

COMMUNITY GATHERING

JOIN US MONDAY AUGUST 20TH FOR A CVAB COMMUNITY GATHERING. THIS IS A TOWN HALL STYLE MEETING WHERE WE CONVENE AS A COMMUNITY TO LEARN ABOUT WHAT'S HAPPENING AT CVAB THIS MONTH, AND HAVE A VOICE IN OUR COMMUNITY. THIS MONTH WE WILL BE WELCOMING MELANIE MAIORINO, THE CLARK COUNTY MENTAL HEALTH OMBUDSMAN AS OUR GUEST.

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.

DSHS

DSHS WALK-IN APPOINTMENTS
MONDAYS 9AM-11:30 AM
APPLY FOR BENEFITS
GET YOUR QUESTIONS ANSWERED!

"TELLING YOUR STORY WITH A PURPOSE" ADVOCACY TRAINING

JOIN DISABILITY RIGHTS OF WASHINGTON AND CVAB FOR A POLITICAL ADVOCACY TRAINING. LEARN HOW TO TURN YOUR RECOVERY STORY INTO A LEGISLATIVE STORY. COME LEARN HOW TO MAKE A DIFFERENCE AND MAKE SURE YOUR VOICE IS HEARD!

T.L.C: TALKING LASTING CHANGES

JOIN US FOR A NEW SUPPORT GROUP FOR THOSE EXPERIENCING ALL LEVELS OF ANXIETY, REPETITIVE AND DESTRUCTIVE BEHAVIOR, DEPRESSION AND PHOBIAS. COME SHARE YOUR EXPERIENCE AND LEARN COPING SKILLS EVERY FRIDAY AFTERNOON!

JOIN CVAB FOR CULTURAL OUTINGS THIS AUGUST!

8/6: WALK & TALK TOUR
(45 MINUTE WALK)
8/10: OPERA IN THE CHAPEL
ASK STAFF FOR MORE INFORMATION!

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 SUCCESSSES WITH YOU ON CVAB'S WARMLINE...

WARMLINE: 360-903-2853

WALK FOR WELLNESS!

MEET UP AT THE REACH CENTER EVERY FRIDAY MORNING FOR A STAFF-LED 30-40 MINUTE WALK AROUND THE VA CAMPUS AND SURROUNDING AREAS.

FOOD AND BODY IMAGE SUPPORT GROUP

DO YOU WANT A BETTER RELATIONSHIP WITH FOOD AND BODY IMAGE? JOIN US FOR A SUPPORT GROUP EVERY TUESDAY THAT CENTERS AROUND MAKING PEACE WITH FOOD, BODY IMAGE, AND SELF.

TOOLS FOR LIFE

GAIN THE WELLNESS TOOLS YOU NEED TO LIVE A BETTER LIFE. IN AUGUST WE WILL BE FOCUSING ON ENVIRONMENTAL HEALTH.