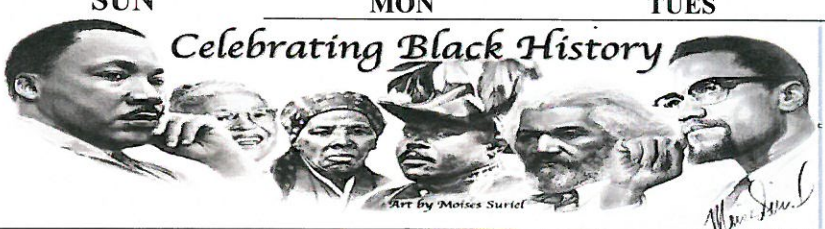



# February

Recovery, Empowerment, Advocacy, Community, Hope

# 2018

**The REACH Center**  
**OPEN Monday – Saturday 9AM to 7PM\***  
 \*Hours & activities subject to change without notice

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
				#WRAP 10AM Tools for Life 1PM	TGIF 1PM	Hope Circle 1PM
4	5	6	7	8	9	10
	DSHS 9AM Meditation through Breathing 11AM Rec for Recovery 1PM HVN 4:30PM	Recovery 101 12PM Tools for Life 11AM	Managing Anger 11AM Support Group 2PM OHANA 6 PM	#WRAP 10AM Tools for Life 1 PM	TGIF 1PM	Hope Circle 1PM
11	12	13	14	15	16	17
	DSHS 9AM Meditation through Breathing 11AM Rec for Recovery 1PM HVN 4:30PM	Recovery 101 12PM Tools for Life 11AM	Managing Anger 11AM Support Group 2PM	#WRAP 10AM Tools for Life 1PM	TGIF 1PM	Hope Circle 1PM
18	19	20	21	22	23	24
	 President's Day REACH Center CLOSED	Recovery 101 12PM Tools for Life 11AM	Managing Anger 11AM Support Group 2PM OHANA 6 PM	#WRAP 10AM Tools for Life 1PM	TGIF 1PM	Hope Circle 1PM
25	26	27	28	<b>The REACH Center</b> A program of CVAB 1601 E 4th Plain Blvd Building 17 First Floor (A114) Phone: (360) 397-8050 Fax: (360) 397-8059 <a href="http://www.cvabonline.com">www.cvabonline.com</a>		
	DSHS 9AM Meditation through Breathing 11AM Rec for Recovery 1PM REACH Center closing @ 2PM (Staff Development)	Recovery 101 12PM Tools for Life 11AM	Managing Anger 11AM Support Group 2PM			

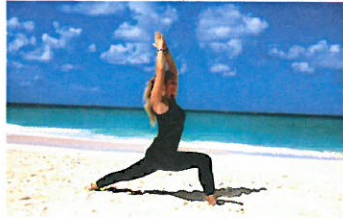
**NEW HOURS\*\*\*\*\* 4PM-12PM**

**WARM LINE 360-903-2853**

# FEBRUARY 2018

YOGA COMING SOON!

Stay tuned for dates in mid February.



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

\*\*\*New Hours\*\*\*

**TGIF**

Every Friday @ 1PM

Come join us for crafts, activities & games!

## VOLUNTEER AT THE REACH CENTER

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

Ask us how

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.

Peer support group for parents loving children through addiction



PLEASE JOIN US THE 1ST AND 3RD WEDNESDAYS, FEBRUARY 2018 AT 6PM AT THE REACH CENTER

DSHS

Walk-in Appointments

@

The REACH Center

Mondays

1st Appointment @ 9AM

Last Appointment @ 11:30AM

\*Apply for Benefits\*

\*Get Your Questions Answered\*

*Meditation through Breathing*

*Monday's @ 11am*

*A simple guided breathing exercise to help relieve stress & anxiety*



Tools for Life

Now Tuesday's & Thursday's



February's Focus is Emotional Health

Make 'n' take self affirmation board 2/15