

# JULY 2018

## at CVAB's REACH Center

Recovery  
Empowerment  
Advocacy  
Community  
Hope

Open Monday-  
Friday 9AM-7PM  
Saturday 9AM-5PM



"Like" us on  
Facebook!

[www.facebook.com/cvabreach](http://www.facebook.com/cvabreach)

\*Hours and activities  
subject to change  
without notice\*

SUN	MON	TUE	WED	THU	FRI	SAT	
<b>1</b> 	<b>2</b> DSHS 9AM Tools for Life 11:30 Recreation for Recovery 1PM	<b>3</b> Food and Body Image Support Group 11AM  Recovery 101 12PM	<b>4</b> Closed in honor of the 4th of July 	<b>5</b> Creative Journaling 11am Tools for Life 1pm Women's Peer Support Group 4pm	<b>6</b> Walk for Wellness 11AM TGIF 1PM Join us for games! "TLC" 4pm	<b>7</b> Peer Support Group 11AM Men's Support Group 4pm	
<b>8</b> 	<b>9</b> DSHS 9AM Yoga 10AM Tools for Life 11:30AM Recreation for Recovery 1PM	<b>10</b> Food and Body Image Support Group 11AM  Recovery 101 12PM	<b>11</b> Managing Anger 11AM  Peer Support Group 2PM	<b>12</b> WRAP 10AM # Creative Journaling 11am Tools for Life 1pm Women's Peer Support Group 4pm	<b>13</b> Walk for Wellness 11AM Make-n-Take: "Bear silhouette landscape painting" # "TLC" 4pm	<b>14</b> Peer Support Group 11AM Men's Support Group 4pm	
<b>15</b> 	<b>16</b> DSHS 9AM Tools for Life 11:30AM Recreation for Recovery 1PM HVN 5:00 PM	<b>17</b> Food and Body Image Support Group 11AM  Recovery 101 12PM	<b>18</b> Managing Anger 11AM Peer Support Group 2PM Ohana 6pm	<b>19</b> WRAP 10AM # Creative Journaling 11am Tools for Life 1pm Women's Peer Support Group 4pm	<b>20</b> Walk for Wellness 11AM TGIF 1PM Join us for Games! "TLC" 4pm	<b>21</b> Peer Support Group 11AM Men's Support Group 4pm	
<b>22</b> 	<b>23</b> DSHS 9AM Yoga 10AM Tools for Life 11:30AM Recreation for Recovery 1PM	<b>24</b> Food and Body Image Support Group 11AM  Recovery 101 12PM	<b>25</b> Managing Anger 11AM  Peer Support Group 2PM	<b>26</b> WRAP 10AM # Creative Journaling 11am Tools for Life 1pm Women's Peer Support Group 4pm	<b>27</b> Walk for Wellness 11AM Make-n-Take: "Bear silhouette landscape painting" # "TLC" 4pm	<b>28</b> Peer Support Group 11AM Men's Support Group 4pm	
<b>29</b> 	<b>30</b> DSHS 9AM Tools for Life 11:30AM Recreation for Recovery 1PM REACH closes at 2pm	<b>31</b> Food and Body Image Support Group 11AM  Recovery 101 12PM	<b>The REACH Center:</b> <b>A Program of CVAB</b> 1601 E Fourth 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>			<b>CVAB's Warmline</b> <b>Everyday 4pm-12AM</b> <b>Call us at (360) 903-2853</b>  #-pre registration required	

# July 2018 at the REACH Center

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.

## New Support Groups! -Women's Support Group -Men's Support Group

Starting this July CVAB will be offering both a Women's and Men's Support group. Sometimes there are subjects that we don't feel comfortable talking about with the opposite gender. These groups are meant to serve as a place to empower both men and women to share openly without judgement.

## 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!

## Journaling Group



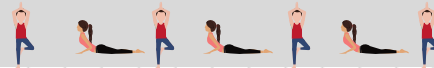
Join us for a journaling group every Thursday at 11AM. Each week the facilitator will choose a topic related to recovery and we will journal about it and have the option to share with peers.

**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.

Have you ever wanted to try Yoga?  
Join us every other Monday at 10am  
for a beginning level yoga class!



Meet up at the REACH Center every Friday morning for a staff-led 30-40 minute walk around the VA Campus and surrounding areas.

Join us this July for "Tools For Life" where we will be focusing on social wellness!



## W.R.A.P: Wellness Recovery Action Plan

A four week class that teaches you how to develop a recovery and wellness plan that's specialized for your unique needs.  
**\*Pre-registration is Required!\***

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 CVAB's

Warmline: 360-903-2853



**DSHS Walk-in Appointments**  
Mondays 9AM-11:30AM  
**\*Apply for benefits\***  
**\*Get your questions answered!\***

**"T.G.I.F."** This group involves Fun!

Join us every Friday for games, activities, and crafts. This month our make-n-take activity will be done in two parts (7/13 and 7/27). Be sure to pre-register if you want to participate!