

Recovery  
Empowerment  
Advocacy  
Community  
Hope





# MAY 2018

At CVAB's  
REACH  
Center

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



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

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>The REACH Center</b> <b>A Program of CVAB</b> 1601 E 4th Plain Blvd Building 17, First Floor (A114) Phone (360) 397-8050 Fax: (360) 397-8059 www.cvabonline.com</p>		<p><b>1</b> Tools for Life 11AM Recovery 101 12PM</p>	<p><b>2</b> Managing Anger 11AM Support Group 2PM DRA 4:30PM OHANA 6PM</p>	<p><b>3</b> Support Group 11AM "Food &amp; Body Image" Tools for Life 1PM</p>	<p><b>4</b> Walking Group 11AM TGIF 1PM Join us for games!</p>	<p><b>5</b> Coffee Klatch 10 AM Support Circle 1PM</p>
<p><b>6</b> </p>	<p><b>7</b> DSHS 9AM Yoga 10AM Recreation for Recovery 1PM</p>	<p><b>8</b> Tools for Life 11AM Recovery 101 12PM</p>	<p><b>9</b> Managing Anger 11AM Support Group 2PM DRA 4:30PM</p>	<p><b>10</b> Support Group 11AM "Food &amp; Body Image" Tools for Life 1PM</p>	<p><b>11</b> Walking Group 11AM TGIF 1PM Make-n-Take "String Art"</p>	<p><b>12</b> Coffee Klatch 10AM Support Circle 1PM</p>
<p><b>13</b> </p>	<p><b>14</b> DSHS 9AM Recreation for Recovery 1:PM Yoga 2:30PM</p>	<p><b>15</b> Tools for Life 11AM Recovery 101 12PM</p>	<p><b>16</b> Managing Anger 11AM Support Group 2PM DRA 4:30PM OHANA 6PM</p>	<p><b>17</b> Support Group 11AM "Food and Body Image" Tools for Life 1PM</p>	<p><b>18</b> Walking Group 11AM TGIF 1pm Join us for Games!</p>	<p><b>19</b> Coffee Klatch 10AM Support Circle 1PM</p>
<p><b>20</b> </p>	<p><b>21</b> DSHS 9AM Recreation for Recovery 1pm Yoga 2:30PM HVN 4:30 PM</p>	<p><b>22</b> Tools for Life 11AM Recovery 101 12PM</p>	<p><b>23</b> Managing Anger 11AM Support Group 2PM DRA 4:30PM</p>	<p><b>24</b> Support Group 11AM "Food and Body Image" Tools for Life 1PM</p>	<p><b>25</b> Walking Group 11AM TGIF 1pm Join us for Games!</p>	<p><b>26</b> Coffee Klatch 10 AM Support Circle 1PM</p>
<p><b>27</b> </p>	<p><b>28</b> The REACH Center is closed for memorial day</p>	<p><b>29</b> Tools for Life 11AM Recovery 101 12PM</p>	<p><b>30</b> Managing Anger 11AM Support Group 2PM DRA 4:30PM</p>	<p><b>31</b> Support Group 11AM "Food &amp; Body Image" Tools for Life 1PM</p>	<p><b>Warm Line</b> <b>Everyday 4PM-12AM</b> Call us at: (360) 903-2853</p>	

# MAY 2018

## @ REACH

JOIN US FOR YOGA EVERY MONDAY! CHECK  
SCHEDULE FOR DETAILS!



COME WALK WITH US EVERY  
FRIDAY AT 11AM!



### 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.

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**



**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.**

**VOLUNTEER AT THE REACH CENTER!  
BUILD CONFIDENCE AND SKILLS WHILE  
HELPING OTHERS. BE PROACTIVE IN  
YOUR WELLNESS, RECOVERY, AND  
HEALING. ASK US HOW!**

**DSHS WALK-IN APPOINTMENTS**

**MONDAYS 9AM-11:30AM**

**\*APPLY FOR BENEFITS\***

**\*GET YOUR QUESTIONS ANSWERED!\***



**NEW SUPPORT GROUP "FOOD AND BODY  
IMAGE"  
THURSDAYS AT 11AM**



**TGIF-THIS GROUP INVOLVES FUN!  
EVERY FRIDAY @1PM  
JOIN US FOR CRAFTS, ACTIVITIES, AND  
GAMES.**

**CONNECT WITH CVAB ON SOCIAL MEDIA!**

