

Recovery, Empowerment, Advocacy, Community, Hope

March

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

2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

Warm Line
 4:00PM – 12:00AM
 DAILY
 (360) 903-2853

1 #WRAP 10AM Tools for Life 1PM	2 TGIF 1PM Come join us for games & activities!!	3 Coffee Klatch 10AM  Support Circle 1PM
4 	5 DSHS 9AM Recreation for Recovery 1PM	6 Tools for Life 11AM Recovery 101 12PM Meditation through Breathing 4:30PM
7 Managing Anger 11AM Support Group 2PM DRA 4:30PM OHANA 6PM	8 #WRAP 10AM Tools for Life 1PM	9 TGIF 1PM Make –n- take stress slime!! 
10 Coffee Klatch 10AM  Support Circle 1PM	11 	12 DSHS 9AM Recreation for Recovery HVN 4:30PM
13 Tools for Life 11AM Recovery 101 12PM	14 Managing Anger 11AM Support Group 2PM DRA 4:30PM	15 #WRAP 10AM Tools for Life 1PM
16 TGIF 1PM Come join us for games & activities!!	17 Coffee Klatch 10AM  Support Circle 1PM	18 
19 DSHS 9AM Recreation for Recovery 1PM	20 Tools for Life 11AM Recovery 101 12PM Meditation through Breathing 4:30PM	21 Managing Anger 11AM Support Group 2PM DRA 4:30PM OHANA 6PM
22 #WRAP 10AM Tools for Life 1PM	23 TGIF 1PM Make – n – Take Personalized Magnets 	24 Coffee Klatch 10AM  Support Circle 1PM
25 	26 DSHS 9AM Rec for Recovery 1PM REACH Center Closes 2PM (Staff Development)	27 Tools for Life 11AM Recovery 101 12PM
28 Managing Anger 11AM Support Group 2PM DRA 4:30PM	29 Tools for Life 1PM	30 TGIF 1PM Come join us for games and activities!!
31 YAHTZEE Tourney!! 10AM Support Circle 1PM		

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

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March 2018

Community Housing Resource Center

Join us March, 20th @ 11AM

Offering info & services on improving credit report of any barriers keeping you from renting apartment or home

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.

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-judgemental atmosphere.

Tools for Life

Now Tuesday's & Thursday's



March Focus is Financial Wellness

DSHS Walk-in Appointments

Mondays 9AM - 11:30AM

Apply for Benefits

Get Your Questions Answered

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!

Meditation through
Breathing
1st and 3rd Tuesdays
in March



VOLUNTEER AT THE REACH CENTER

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

Ask us how!

