







SEPTEMBER 2018

At CVAB's
REACH Center

SUN	MON	TUE	WED	THU	FRI	SAT
Open Monday-Friday 9am-7pm Saturday 9am-5am		CVAB'S Warmline Everyday 4pm-12am Call us at (360)903-2853			#-pre registration required	1 PEER SUPPORT GROUP 11AM MEN'S PEER SUPPORT GROUP 1PM
2 	3 CLOSED IN HONOR OF LABOR DAY	4 FOOD & BODY IMAGE SUPPORT GROUP 11AM RECOVERY 101 12PM	5 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM	6 CREATIVE JOURNALING 11AM TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 3PM	7 WALK FOR WELLNESS 11AM TGIF 1PM JOIN US FOR GAMES	8 PEER SUPPORT GROUP 11AM MEN'S PEER SUPPORT GROUP 1PM
9 	10 DSHS 9AM YOGA 10AM TOOLS FOR LIFE 11:30AM RECREATION FOR RECOVERY 1PM	11 FOOD & BODY IMAGE GROUP 11AM RECOVERY 101 12PM ALL VOLUNTEERS ORIENTATION 1PM-2PM	12 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM	13 CREATIVE JOURNALING 11AM TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 3PM	14 WALK FOR WELLNESS 11AM #MAKE N TAKE 1PM	15 PEER SUPPORT GROUP 11AM MEN'S PEER SUPPORT GROUP 1PM
16 	17 DSHS 9AM TOOLS FOR LIFE 11:30AM RECREATION FOR RECOVERY 1PM HVN 5PM	18 FOOD & BODY IMAGE GROUP 11AM RECOVERY 101 12PM VOLUNTEER APPRECIATION 1:30PM	19 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM	20 CREATIVE JOURNALING 11AM TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 3PM	21 WALK FOR WELLNESS 11AM TGIF 1PM JOIN US FOR GAMES	22 PEER SUPPORT GROUP 11AM MEN'S PEER SUPPORT GROUP 1PM
23 	24 DSHS 9AM YOGA 10AM TOOLS FOR LIFE 11:30AM RECREATION FOR RECOVERY 1PM REACH CLOSES 2PM	25 FOOD & BODY IMAGE GROUP 11AM RECOVERY 101 12PM VOLUNTEER ORIENTATION 1PM-2PM	26 MANAGING ANGER 11AM PEER SUPPORT GROUP 2PM	27 CREATIVE JOURNALING 11AM TOOLS FOR LIFE 1PM WOMEN'S PEER SUPPORT GROUP 3PM	28 WALK FOR WELLNESS 11AM #MAKE N TAKE 1PM	29 PEER SUPPORT GROUP 11AM MEN'S PEER SUPPORT GROUP 1PM
30 	The REACH Center: 1601 E. Fourth Plain BLVD A Program of CVAB Building 17 First Floor (A114)					
				Phone:(360)397-8050 Fax:(360)397-8059 www.cvabonline.com		"Like" Us On Facebook 

SEPTEMBER 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.

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



VOLUNTEER AT THE REACH CENTER!

BUILD CONFIDENCE AND SKILLS
WHILE HELPING OTHERS. BE
PROACTIVE IN YOUR WELLNESS,
RECOVERY, AND HEALING.
ASK US HOW!

HAVE YOU EVER WANTED TO
TRY YOGA? JOIN US EVERY
OTHER MONDAY AT 10AM FOR
A BEGINNING LEVEL YOGA
CLASS!



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.

TLC: 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!

MEN'S AND WOMEN'S GROUPS

CVAB OFFERS 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.