

**February 2018**  
*"Year of Hope"*  
**Activity Calendar**



1413 College Way  
 Mount Vernon  
 Mon-Sat: 9:00am-6:00pm  
 (360) 873-8635  
 A Program of  
 CVAB

**Recovery, Empowerment, Advocacy, Community, Hope**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Always Available:</b> Computer assistance, 2 computer labs, Individual Peer Counseling, volunteer orientation/training  <b>By Appointment:</b> SSI-SSDI benefits planning/counseling, Employment Support (job search assistance, resume devel. Interview prep.)  <b>ALSO!</b> Cocain Anonymous (Nooner) meets here Mon-Fri, 12:00pm</p>			<p><b>1</b>    <b>Recovery Marathon</b>                      Videos from TED, SAMSHA, NAMI &amp; Others                      10:00 –4:00pm</p>	<p><b>2</b>  <b>New Year, New Goals SMART Goal Development</b>                      1:00-2:30pm</p>	<p><b>3</b>  <b>Men's Support Group</b>                      10:30 – 11:30  <i>Relapse P&amp;R Support Circle</i>                      1:30-2:30</p>
<p><b>5</b>                      Community Gathering : Volunteer Recognition-PEER Birthdays!                      2:00-3:30 pm</p>	<p><b>6</b>  <i>Strength Through Self Esteem</i>                      1:00-2:30pm</p>	<p><b>7</b>  <b>Managing Anger</b>                        3:00-4:30pm</p>	<p><b>8</b>  <b>Intro to :</b>                        Your Ticket to Financial Freedom!                      10:30-Noon</p>	<p><b>9</b>  <u>New</u>  <b>Eating Well for less!</b>                      10:30-12:00</p>	<p><b>10</b>  <b>Men's Support Group</b>                      10:30 – 11:30  <i>Relapse P&amp;R Support Circle</i>                      1:30-2:30</p>
<p><b>12</b>                      Monday Meditation:  <b>The Five Minute Meditation</b>                        10:00-10:30 am</p>	<p><b>13</b>    <i>C'est le Bon Temps Rolle!</i></p>	<p><b>14</b>    <b>Managing Anger</b>                        3:00-4:30pm</p>	<p><b>15</b>    <b>Recovery Marathon</b>                      Videos from TED, SAMSHA, NAMI &amp; Others                      10:00am –4:00pm</p>	<p><b>16</b>  <b>Motivation for Recovery Help &amp; support for getting or staying on track.</b>                      10:30-Noon</p>	<p><b>17</b>  <b>Men's Support Group</b>                      10:30 – 11:30  <i>Relapse P&amp;R Support Circle</i>                      1:30-2:30</p>
<p><b>19</b>                      Monday Meditation:  <b>The Five Minute Meditation</b>                        10:00 – 10:30 am</p>	<p><b>20</b>  <i>Strength Through Self Esteem</i>                      1:00-2:30pm</p>	<p><b>21</b>  <b>Managing Anger</b>                        3:00-4:30pm</p>	<p><b>22</b>    <i>Painting with Jess</i>                      1:00-4:00pm                      (Space limited registration required)</p>	<p><b>23</b>  <b>Stomp Out Stigma! What you can do for others &amp; yourself!</b>                      2:30 – 3:30pm</p>	<p><b>24</b>  <b>Men's Support Group</b>                      10:30 – 11:30  <i>Relapse P&amp;R Support Circle</i>                      1:30-2:30</p>
<p><b>26</b>                      Boundries Not Fences (Personal &amp; Professional)                      10:30am-12:00</p>	<p><b>27</b>  <b>REACH STAFF DEVELOPMENT</b>                      REACH Center closed @ 2:00pm</p>	<p><b>28</b>  <b>Managing Anger</b>                        3:00-4:30pm</p>	<p><b>Wrap Workshop: 3<sup>rd</sup> Friday each month</b>                      10:00am-4:00pm (Pre-registration required)  <b>Yoga for Strength &amp; Flexability every Tuesday – (Walk-in) 3:00-4:30pm</b></p>		

**Note: Activities, topics and, times subject to change without notice.**