

May 2018
Activity Calendar



1413 College Way
Mt. 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
	1 Boundaries Not Fences (Personal & Professional) 10:30-12:00	2 Managing Anger 3:00-4:30	3 RECOVERY MARATHON Videos from TED, SAMSHA, NAMI & Others All Day	4 WRAP it Up Friday! 10:30-11:00 Intro to WRAP 2:00-4:30 WOW! (WRAP Onto Wellness)	5 Men's Support Group 10:30 – 11:30 <i>Relapse Support Circle</i> 1:30-2:30
7 Community Gathering : Volunteer Recognition- PEER Birthdays! 2:00-3:30	8 Intro to : Your Ticket to Financial Freedom! 10:30-Noon	9 Managing Anger 3:00-4:30	10 RECOVERY MARATHON All Day	11 Relapse Prevention & Recovery Planning 2:30 – 4:00	12 Men's Support Group 10:30 – 11:30 <i>Relapse P&R Support Circle</i> 1:30-2:30
14 Monday Meditation: The Five Minute Meditation 10:00 – 10:30	15 Wrap Workshop 9:00am-4:00 (Pre-registration required)	16 Managing Anger 3:00-4:30	17 RECOVERY MARATHON All Day	18 WRAP it Up Friday! 10:30-11:00 am Intro to WRAP 2:00-4:30 WOW! (WRAP Onto Wellness)	19 Men's Support Group 10:30 – 11:30 <i>Relapse P&R Support Circle</i> 1:30-2:30
21 Monday Meditation: The Five Minute Meditation 10:00 – 10:30	22 Motivation for Recovery Help & support for getting or staying on track. 10:30-Noon	23 Managing Anger 3:00-4:30	24 <i>Painting with Jess</i> 1:00-4:00 (Space limited registration required)	25 Intro to Benefits Planning (SSI/SSDI) Got Your BPQY? 10:30-11:30	26 Men's Support Group 10:30 – 11:30 <i>Relapse P&R Support Circle</i> 1:30-2:30
28 REACH Center Closed 	29 <i>Recovery Freestyle!</i>	30 REACH STAFF DEVELOPMENT Reach Center closed @ 2:00	31 RECOVERY MARATHON All Day		

ALSO! Daily (7 days) "Nooner" CA @ 12:00–1:00pm, Spanish Speaking AA, Mon-Sat @ 6:00pm and, Relapse Prevention & Recovery Support Circle, Saturday , 1:30-2:30pm Check one out this week.

Note: Activity topics and times subject to change without notice.