

AUGUST

CVAB's Val Ogden Center


10201 NE Fourth Plain Blvd
Vancouver, WA 98662

Ph: 360.253.4036 Fax: 360.253.9794

OPEN Monday - Friday 8:30AM - 5:30PM*

*Hours and activities subject to change without notice

2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11a-Tour & Orientation	2 2p- SMART Goal Setting	3 2p-Tour & Orientation	11 11a- Yoga @ VOC 2:30p - T.G.I.F.*	5
6	7	8 11a-Tour & Orientation	9 2p- SMART Goal Setting	10 2p-Tour & Orientation	11 11a- Yoga @ VOC 2:30p - T.G.I.F.*	12 *T.G.I.F. = This Group Involves Fun!!
13	14 2p - Community Gathering 3p - MAC Meeting	15 11a-Tour & Orientation	16 2p- SMART Goal Setting	17 2p-Tour & Orientation	18 11a- Yoga @ VOC 2:30p - T.G.I.F.*	19
20	21 SOLAR ECLIPSE	22 11a-Tour & Orientation	23 2p- SMART Goal Setting	24 2p-Tour & Orientation	25 11a- Yoga @ VOC 2:30p - T.G.I.F.*	26
27	28 VOC will close at 2:00 pm for Staff Development	29 9:15a-Safety Committee Meeting 11a-Tour & Orientation	30 11a-Finding Serenity Workshop 2p- SMART Goal Setting	31 2p-Tour & Orientation		

August 2017

Employment • Empowerment • Education

SMART GOAL SETTING

Wednesdays at 2pm

Learn techniques for goal setting and creating **SMART (Specific, Measurable, Achievable, Realistic and Time-based)** goals that will help you move ahead and achieve your dreams!

Thank you to all of our volunteers!

You help to make the VOC awesome, and we appreciate you so much!!

Mock Interviews

Our employment team can help you prepare for a job interview!!

Preparing for an interview is key when trying to land the career you want. You may be putting a lot of effort into researching the job market and updating your resume, but have you spent time refining your interview skills?

Well here's your chance! Practice your interview skills and develop answers to those tricky questions before you score the interview. Our team is here to support you, so just ask any one of us to schedule time for a mock interview!

Congratulations!!

To those participants who returned to work in July. We are proud of you and here to support you!

**Davin S. Kelly B. Camron K. Robert W.
Bud T. Mercy D. Jamaya W.
Linda E.**

VAL OGDEN CENTER

A PROGRAM OF CVAB

SHARING HOPE AND EMPOWERING PEOPLE

Community Gathering

August 14th @ 2:00pm

Come talk about what's going on at the VOC and beyond. Everyone is welcome!

Members Advisory Council

August 14th @ 3:00pm

Are you interested in making an impact in the VOC community and beyond? We want to hear your ideas. All VOC participants are invited to join in this great leadership opportunity!

In August...

Our kitchen is currently closed pending the hiring of a new Kitchen Manager.

Please let us know if you are available to help and/or would like to join our culinary team!

Do you experience anxiety? Do you want to understand more about anxiety and how to better manage it? Please join the **Finding Serenity Workshop on 8/30 @ 11am** to learn about anxiety and tools to help rid your life of it!

YOGA @ VOC

Join us for a gentle yoga class – perfect for beginners!
Fridays @ 11 AM

