


# JULY

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
2	3	4 Closed for the 4 <sup>th</sup> of July Holiday	5 2p- SMART Goal Setting	6 2p-Tour & Orientation	7 11a- Yoga @ VOC 1:15p – Tools for Life 2:30p – T.G.I.F.*	8 *T.G.I.F. = This Group Involves Fun!!
9	10 2p – Community Gathering 3p – MAC Meeting	11 11a-Tour & Orientation	12 2p- SMART Goal Setting	13 2p-Tour & Orientation	14 11a- Yoga @ VOC 1:15p – Tools for Life 2:30p – T.G.I.F.*	15
16	17	18 11a-Tour & Orientation	19 2p- SMART Goal Setting	20 2p-Tour & Orientation	21 11a- Yoga @ VOC 1:15p – Tools for Life 2:30p – T.G.I.F.*	22
23	24	25 9:15a-Safety Committee Meeting 11a-Tour & Orientation	26 11a-Finding Serenity Workshop 2p- SMART Goal Setting	27 2p-Tour & Orientation	28 11a- Yoga @ VOC 1:15p – Tools for Life 2:30p – T.G.I.F.*	29
30	31 VOC Closes at 2:00pm Staff Development					

# July 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!

## **Congratulations!!**

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

Donna B. Johanna S. Karma H.  
Chris M. Kevin K. Kahlee H.  
Michael H. Alex C.

## **In July...**

**Tools for Life on Fridays at 1:15.** Please join us in learning and practicing new wellness skills!

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 7/26 @ 11am** to learn about anxiety and tools to help rid your life of it!

**Thank you** to all of our volunteers that make the VOC awesome! We appreciate you every day!

# **VAL OGDEN CENTER**

A PROGRAM OF CVAB

*SHARING HOPE AND EMPOWERING PEOPLE*

## **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!

## **Community Gathering**

**July 10<sup>th</sup> @ 2:00pm**

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

## **Members Advisory Council**

**July 10<sup>th</sup> @ 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!

## **YOGA @ VOC**

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

