

June

CVAB's Val Ogden Center
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2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 2pm – VOC Tour	2 11am – Gentle Yoga 1:15pm – Tools for Life 2:30pm – T.G.I.F.	3 *The kitchen is closed until further notice.
4	5	6 11am – VOC tour	7 10am – Tools for Life “Boundaries” 2pm - SMART Goal Setting	8 2pm – VOC Tour	9 11am – Gentle Yoga 1:15pm – Tools for Life 2:30pm – T.G.I.F.	10
11	12 2pm – Community Gathering 3pm – MAC Meeting	13 11am – VOC tour	14 10am – Tools for Life “Boundaries” 2pm - SMART Goal Setting	15 2pm - VOC Tour	16 11am – Gentle Yoga 1:15pm – Tools for Life 2:30pm – T.G.I.F.	17
18	19	20 11am – VOC tour	21 10am – Tools for Life “Boundaries” 2pm - SMART Goal Setting	22 2pm - VOC Tour	23 11am – Gentle Yoga 1:15pm – Tools for Life 2:30pm – T.G.I.F.	24
25	26 VOC Closes at 2:00pm Staff Development	27 9:15am -Safety Committee Meeting 11am – VOC tour	28 10am – Tools for Life “Boundaries” 11am - Finding Serenity Workshop 2pm - SMART Goal Setting	29 2pm - VOC Tour	30 11am – Gentle Yoga 1:15pm – Tools for Life 2:30pm – T.G.I.F.	

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

****Hours and activities subject to change without notice**

June 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 May. We are proud of you and here to support you!

Nancy I.

In June...

Tools for Life on Wednesdays at 10:00 and Fridays at 1:15. Please join us to learn and practice 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 6/28 @ 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!

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!

VAL OGDEN CENTER

A PROGRAM OF CVAB

SHARING HOPE AND EMPOWERING PEOPLE

Community Gathering

June 12th @ 2:00pm

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

Members Advisory Council

June 12th @ 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