









The Val Ogden Center
 10201 NE Fourth Plain RD
 Vancouver, WA 98662
 Phone: 360-253-4036
 Fax: 360-2539794

October 2018

At the Val Ogden Center

Open Monday-Friday
 9 AM-5:30 PM
 *Hours and activities subject to
 change without notice*

SUN	MON	TUE	WED	THU	FRI	SAT
CVAB's Warmline Everyday 4pm-12AM Call us at (360) 903-2853	1 Employment specialists available to support your job search efforts!	2 VOC Welcome 11am	3 Wednesday Walk 11am SMART Goals 2PM Community Opportunity 4PM	4 "Conquering Workplace Anxiety" 11am VOC Welcome 2pm Volunteer Meeting 3pm	5 Tom Nuzzi "Own Your Stuff" 11am	6 
7 	8 Employment specialists available to support your job search efforts!	9 VOC Welcome 11am	10 Wednesday Walk 11am SMART Goals 2pm	11 "Self-Regulation at Work" 11am VOC Welcome 2pm	12 Employment specialists available to support your job search efforts!	13 
14 	15 Employment specialists available to support your job search efforts!	16 VOC Welcome 11am	17 Wednesday Walk 11am SMART Goals 2pm Community Opportunity 4PM	18 "Managing Stress" 11am VOC Welcome 2pm	19 Tom Nuzzi "Make a Habit Break a Habit" 11am Movie Afternoon 2pm	20 
21 	22 Employment specialists available to support your job search efforts!	23 VOC Welcome 11am	24 Wednesday Walk 11am SMART Goals 2pm	25 "Crucial Conversations" 11am VOC Welcome 2pm	26 Employment specialists available to support your job search efforts!	27 
28 	29 VOC Closes at 2PM for staff development	30 VOC Welcome 11am	31 Wednesday Walk 11am SMART Goals 2pm Halloween Party 2:30-4:30	At the VOC, Employment Consultants are available to provide you support in accomplishing your goals. Come in and work on your resume or cover letter, gain support in your job search, practice interviewing skills, work in the computer lab, volunteer, improve on specific job skills, attend workshops or classes, or seek general peer support.		



EMPLOYMENT, EDUCATION, EMPOWERMENT

OCTOBER 2018

AT THE VAL OGDEN CENTER

Celebrate Halloween with the VOC!

Join us for a Pumpkin Carving Party on October 31st from 2:30-4:30! Please sign up in advance! Costumes encouraged!



Lunch and Breakfast at the VOC



Our kitchen is now serving breakfast from 9am-11am Tuesday through Friday. Lunch is served daily from 11am-1pm.

We currently offer a variety of made-to-order items including salads, sandwiches, burgers and more.



Would it be helpful to have someone to talk to?



You will find a kind, compassionate, non-judgmental peer who will listen, help to problem-solve, provide a resource, or celebrate successes with you on...

The Warm Line: A Program of CVAB
(360) 903-2853
7 Nights a Week 4pm-12am

This Month at the VOC: "Prioritizing Your Mental Health at Work"

Are you worried about how work will effect your mental health? This month at the VOC we'll be exploring new ways on how to better manage issues such as stress, anxiety, and other mental health concerns in the workplace.

CONGRATULATIONS

*Loren W, Emma P,
and Tamara C!*

Way to Accomplish your goals and return to work!
We're Proud of you and are here to support you.

AT THE VOC:

- Employment Support
- Mock Interviews
- Resume Support
- Job Search Support
- Career Exploration
- Skill Development
- Peer Support

