

# APRIL 2024

# CVAB East

Sharing Hope.  
Empowering Renewal.  
Supporting Recovery

Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>TED Talks (H) 3PM</b>	<b>2</b> Women's Circle (Zoom) 12PM Peer Projects 1PM <b>Support Circle (H) 1PM</b> <b>Write On! (H) 3PM</b> <b>MRT Study Group 4PM</b> Men's Support Circle (Zoom) 6PM	<b>3</b> Wednesday Walk 10AM <b>Everyday Mindfulness (H) 1PM</b> Let's Write! 2:00PM	<b>4</b> *True Colors (H) 11:30AM <b>Support Circle (H) 1PM</b> Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	<b>5</b> <b>COCOA AND CONVO 6PM</b>	<b>6</b> Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM <b>Vet's Support Circle 1PM</b> Support Circle (Zoom) 2PM
<b>8</b> <b>TED Talks (H) 3PM</b>	<b>9</b> Volunteer Orientation 1PM Women's Circle (Zoom) 12PM Peer Projects 1PM <b>Support Circle (H) 1PM</b> <b>Write On! (H) 3PM</b> <b>MRT Study Group 4PM</b> Men's Support Circle (Zoom) 6PM	<b>10</b> <b>CLOSED FOR ALL STAFF MEETING</b>	<b>11</b> *True Colors (H) 11:30AM <b>Support Circle (H) 1PM</b> Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	<b>12</b> <b>OPEN MIC NIGHT 6PM</b>	<b>13</b> Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM Vet's Support Circle 1PM Support Circle (Zoom) 2PM
<b>15</b> Tracking Your Success 1-2:30PM <b>TED Talks (H) 3PM</b>	<b>16</b> Women's Circle (Zoom) 12PM Peer Projects 1PM <b>Support Circle (H) 1PM</b> <b>Write On! (H) 3PM</b> <b>MRT Study Group 4PM</b> Men's Support Circle (Zoom) 6PM	<b>17</b> Wednesday Walk 10AM <b>Everyday Mindfulness (H) 1PM</b> Let's Write! 2:00PM	<b>18</b> *True Colors (H) 11:30AM <b>Support Circle (H) 1PM</b> Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	<b>19</b> <b>PAINT NIGHT 6PM</b>	<b>20</b> Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM <b>Vet's Support Circle 1PM</b> Support Circle (Zoom) 2PM
<b>22</b> <b>TED Talks (H) 3PM</b>	<b>23</b> Women's Circle (Zoom) 12PM Peer Projects 1PM <b>Support Circle (H) 1PM</b> <b>Write On! (H) 3PM</b> <b>MRT Study Group 4PM</b> Men's Support Circle (Zoom) 6PM	<b>24</b> Wednesday Walk 10AM <b>Everyday Mindfulness (H) 1PM</b> Let's Write! 2:00PM	<b>25</b> Volunteer Orientation 10AM *True Colors (H) 11:30AM <b>Support Circle (H) 1PM</b> Parents Supporting Parents 7:00PM (Zoom) For parents of children experiencing addiction.	<b>26</b> <b>SPEAKER MEETING 6PM</b>	<b>27</b> Men's Support Circle (Zoom) 9AM Book Club (Zoom) 12PM <b>Vet's Support Circle 1PM</b> Support Circle (Zoom) 2PM
<b>29</b> <b>CLOSED AT 2:00 PM FOR STAFF DEVELOPMENT</b>	<b>30</b> Women's Circle (Zoom) 12PM Peer Projects 1PM <b>Support Circle (H) 1PM</b> <b>Write On! (H) 3PM</b> <b>MRT Study Group 4PM</b> Men's Support Circle (Zoom) 6PM	Groups and activities in Bold are held at CVAB West or Hybrid (H). *Groups held at CVAB East Zoom/Hybrid ID: 348-331-1764. Operating Hours: Monday-Friday 9am-5pm Activities & Hours subject to change without notice.		CVAB East 10201 NE Fourth Plain Blvd. Vancouver, WA 98662 Phone: (360) 253-4036 Fax: (360) 253-9794 <a href="http://www.cvabonline.org">http://www.cvabonline.org</a>	

## Tracking Your Success Workshop

Third Monday of every month—

April 15 1PM-2:30PM—

Achieve your goals through monthly habit tracking!

## MRT Study Group

Tuesdays @ 4PM at CVAB West

Support for Moral Reconciliation Therapy steps  
or any other treatment/court assignments



## True Colors

Thursdays @ 11:30am

LGBTQ+ support group at CVAB east and on Zoom

## Zoom/Hybrid Groups & Activities

348-331-1764

**Mondays-** TED Talks (Hybrid) @ 3PM

**Tuesdays-** Women's Support Circle @ 12PM  
Support Circle (Hybrid) @ 1PM  
Write On! (Hybrid) @ 3PM  
Men's Support Circle @ 6PM

**Wednesdays-** Everyday Mindfulness (Hybrid) @ 1PM

**Thursdays-** True Colors (Hybrid) @ 11:30AM  
Support Circle (Hybrid) @ 1PM  
Parents Supporting Parents (Zoom) @  
7:00PM

**Saturdays-** Men's Support Circle @ 9AM  
Book Club @ 12PM  
Support Circle @ 2PM

## Volunteer Orientation

Tuesday 4/9/2024 @ 1PM

Thursday 4/25/2024 @ 10AM

Learn about our volunteer opportunities and  
how to start new activities

## Warm Line

(360) 903-2853



7 days a week, 4PM-12AM

Call to speak to a compassionate and  
non-judgmental peer who will listen, provide  
support, offer resources, encourage  
empowerment, and celebrate your  
successes with you.

## Wednesday Walk

Wednesdays @ 10am

Walk and talk through Orchards park

## Let's Write!

Wednesday @ 2:00PM

Fun and introspective writing group



## Saturday Zoom Activities

Check out our Saturday support circles and  
activities through zoom!



## Veterans Support Circle

Saturdays at 1:00 PM

**Located at the West Center**

1601 NE 4th Plain Blvd, Bldg. 17, Ste 114A

## Friday Night Activity

4/5 COCOA AND CONVO

4/12 OPEN MIC

4/19 PAINT NIGHT

Located @ CVAB West 1601 E 4th Plain Blvd Ste  
A114

Activities start @ 6pm



## Friday Night Activity

### Speaker Meeting

4/26 @ 6PM

Listen to stories of hope and inspiration from fellow peers in  
various stages and forms of recovery. This is a great  
opportunity to see the many paths to recovery and why  
**hope** is for **everyone**

Located @ CVAB West 1601 E 4th Plain Blvd Ste A114

## Parents Supporting Parents

Thursdays @ 7:00PM

Support circle for parents of children, older and younger,  
experiencing addiction. (Zoom)



## Peer Projects

Tuesdays @ 1PM

Arts, crafts, games and more!

Call or come in and ask about this weeks activity!

