# The REACH Center

**Open Monday–Friday**

9:00am – 5:00pm

## September

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<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<th>Fri</th>
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<tr>
<td><strong>CVAB’s Warm Line Everyday</strong>&lt;br&gt;4PM-12AM&lt;br&gt;CALL US AT (360)903-2853</td>
<td><strong>COFFEE W/ RC</strong>&lt;br&gt;9:30AM&lt;br&gt;PEER SUPPORT GROUP 1PM</td>
<td><strong>REACH CENTER CLOSES @ 12PM FOR STAFF DEVELOPMENT</strong></td>
<td><strong>COFFEE W/ RC</strong>&lt;br&gt;9:30AM&lt;br&gt;YOGA 11AM&lt;br&gt;*TED TALKS 4PM</td>
<td><strong>COFFEE W/ RC</strong>&lt;br&gt;9:30AM&lt;br&gt;*TGIF 1PM</td>
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<td><strong>CLOSED IN OBSERVANCE OF LABOR DAY</strong></td>
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<td><strong>COFFEE W/ RC</strong>&lt;br&gt;9:30AM&lt;br&gt;REACH CENTER CLOSES @ 2PM</td>
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*In person group, 5 participant limit.*
The heart of our agency is peer to peer support, and we provide it through regularly scheduled activities and readily accessible peer support. The REACH Center is a complement to the mental health, addiction, and crisis systems. Services are offered free of charge, hassles, and time limits.

COFFEE WITH THE RC
9:30-10AM MON-FRI
CHAT, DISCUSS, AND CONNECT!

*TED TALKS
THURS @4PM
Join us for a short video by inspirational speakers on various subjects.

*WALK 4 WELLNESS
Mondays & Wednesdays @4PM
Let’s get together for a short walk around the campus.

Would it be helpful to have someone to talk to?
You will find a kind, compassionate, non-judgmental peer who will listen, empower to problem-solve, provide a resource or celebrate successes with you on CVAB’s Warmline. 4PM-Midnight 360-903-2853

September is National Recovery Month!
On Wednesday, September 30th we will be having a virtual celebration. The purpose is to celebrate and show that recovery is possible and that it works! Also to eliminate the stigma associated with addiction and mental health disorders.
Log in on Zoom from 1-2:30 PM to listen to stories of HOPE from our speakers! This year’s theme is...

Join the Voices of Recovery:
Celebrating Connections