Welcome to our new calendar that combines in-person, Zoom, Hybrid groups, classes and activities. All the activities in **Bold** are hosted in the center and may also be hybrid. Activities that are not bold are only on Zoom.

Activities in **Green** are at **Orchards Park** and **Kick Ball** is at **Marshal Park**.

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<th>Mon</th>
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<th>Wed</th>
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<tr>
<td>Labor Day</td>
<td>Job Seekers Support 11AM</td>
<td>CVAB All Staff Meeting</td>
<td>Support Circle 2:30PM (Hybrid)</td>
<td>Peer Projects 2PM TED Talks 3PM (Zoom)</td>
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<tr>
<td>Center Closed</td>
<td>Women’s Circle 12PM (Zoom)</td>
<td>Center Closed</td>
<td>Support Circle 2:30PM (Hybrid)</td>
<td>Peer Projects 2PM</td>
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<td>Men’s Circle 6PM (Zoom)</td>
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<td>Painting 6PM (Orchards Park)</td>
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<td>Movement &amp; Meditation</td>
<td>What About GIG Work 11AM</td>
<td>Wednesday Walk 10AM</td>
<td>Support Circle 2:30PM (Hybrid)</td>
<td>Peer Projects 2PM</td>
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<td>9AM (Zoom)</td>
<td>Women’s Circle 12PM (Zoom)</td>
<td>Let’s Write! 2PM (Hybrid)</td>
<td>TED Talks 3PM (Zoom)</td>
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Friday evening activities will be in **Orchards Park**. Volleyball will be in the large field. The Speaker Meeting, and Painting will be under the covered area. **Kick Ball** will be at **Marshal Center**.

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**Val Ogden Center**
10201 NE Fourth Plain RD
Vancouver, WA 98662
Phone: 360-253-4036
Fax: 360-253-9794
http://www.cvabonline.org/

**September 2022**
Val Ogden Center (East)
Zoom/ Hybrid ID: 348-331-1764

**Operating Hours**
Monday-Friday 9AM-5PM
Activities and hours subject to change without notice
**Job Seekers Support Group**
Tuesday - 9/6/2022-11AM-12PM
Join a group of job seekers as we support one another through our lived experience.

**Wednesday Walk**
Meet at the Val Ogden Center every Wednesday @ 10AM for a walk in Orchards Park

**What About GIG Work...**
Tuesday –9/13/2022 -11AM-12PM
“With so many options for GIG work, which opportunity is right for you?”

**Peer Projects**
Join us every Friday @ 2PM for a social hour where we will either create something together or play a game.

**Let’s Write!**
Writing is therapeutic. Join us in trying different writing techniques to express ourselves Every Wednesday @ 2:30 (Hybrid)

**Warm Line**
360-903-2853
7 days a week 4PM-12AM
Call to Speak with a compassionate and non-judgmental peer who will listen, provide support, offer resources, encourage empowerment, and celebrate your successes with you.

**Zoom Groups & Activities**
**Monday**-Movement & Meditation @ 9AM
**Monday**-FTC Support Circle Monday @ 6PM
**Tuesday**-Women’s Support Circle Tuesday @12PM
**Tuesday**-Men’s Support Circle Tuesday @6PM
**Friday**-TED Talks Friday @ 3PM
**Saturday**-Men’s Support Circle Saturday @ 9AM
**Saturday**-Book Club Saturday @ 12PM
**Saturday**-Support Circle @ 2PM

**Friday Evening Park Activities**
September 9th @ 6PM Painting
September 16TH @ 6PM Volleyball
September 23rd @ 4:30PM Kick Ball
September 30TH @ 6PM Speaker Meeting

**Adopt-A-Road**
Saturday September 17TH @ 10AM
Meet at the Val Ogden (East) location
Let’s give back!!

**The VOC Kitchen is open**
Monday –Friday
Breakfast 9AM-10:30AM
Lunch 11AM-1PM
Cash Only

**Job Prep Learning**
Tuesday 9/27/2022 11AM-12PM
Join us in learning how to prepare for new employment.