Welcome to our new calendar! Activities in **Bold** are hosted in the **Center** or **Hybrid**. Activities with an *Asterisk* are **Hybrid** with Zoom ID # 770 873 6884. Activities in **Green** are at **REACH Center**.

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<tr>
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<td><strong>Open Computer Lab</strong> 10AM - 12PM</td>
<td><strong>Living Mindfully</strong> 1PM</td>
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**Operating Hours**
Monday-Friday 9AM-5PM
Activities and hours subject to change

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**ZOOM ID:** 348-331-1764

1601 E 4th Plain Blvd.
Bldg 17-Suite A114
Vancouver, WA 98661
Phone: 360-397-8050
www.cvabonline.org
**Movement and Meditation**
#ID 348 331 1764
Monday @ 9AM on Zoom
Yoga and Meditation for everyone!

**Destress Your Mess**
Monday @ 1PM
Solutions for everyday living

**Write On!**
#ID 348 331 1764
Tuesday @3PM Hybrid
Journaling and creative writing group

**Game Night**
Friday October 7th @ 6PM
REACH Center
Come have some fun!

**True Colors**
#ID 770-873-6884
2nd & 4th Wednesday @ 11AM Hybrid
LGBTQ+ Peer Support

**Living Mindfully**
Wednesday @ 1PM
Practice staying in the present moment and other grounding techniques

**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**
Family Support Circle Monday @ 6PM
#348 331 1764
Women’s Support Circle Tuesday @12PM
#348 331 1764
Support Circle* Tues & Thur @1PM Hybrid
#770 873 6884*
Men’s Support Circle Tuesday @6PM
#348 331 1764
TED Talks Friday @ 3PM
#348 331 1764
Men’s Support Circle Saturday @ 9AM
#348 331 1764
Book Club Saturday @ 12PM
#348 331 1764
Saturday Support Circle @ 2PM
#348 331 1764

**Open Computer LAB**
Tuesdays 10AM to 12PM
Thursdays 2:30PM to 4:30PM (Coming Soon)

**Let’s get Crafty**
Wednesday @ 3PM
Arts and Crafts Activities

**Veterans’ Support Circle**
#770 873 6884
Wednesday @ 5PM Hybrid
Veterans’ Peer Support

**Peer Projects**
Friday @ 1PM
Make & Take or T.G.I.F

**Ugly Umbrella**
Friday @ 2:30PM
Walking activity — Rain or Shine!

**NETFLIX Night**
Friday October 14th @ 6PM
REACH Center

**Open Mic**
Friday October 21st @ 6PM
REACH Center
Share a song, poem, joke or a story.

**Speaker Meeting**
Friday October 28th @ 6PM
REACH Center

**Movement and Meditation**
**Destress Your Mess**
**Write On!**
**Game Night**
**True Colors**
**Living Mindfully**
**Warm Line**
**Zoom Groups & Activities**
**Open Computer LAB**
**Let’s get Crafty**
**Veterans’ Support Circle**
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