

A WORLD OF CHANGE

- A NEWSLETTER FOCUSED ON RESILIENCE,
ACTION, AND RECOVERY -

July 1, 2021

VOL 3



Becky and Rick

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School of Recovery 

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QUOTE OF THE MONTH

"It does not matter how slowly you go, as long as you do not stop."

— *Confucius*



"Thrive 2 Survive June 2021"

WONDERING WHAT TO EXPECT AROUND THE CAFÉ IN JUNE?

So far, this summer has been HOT HOT HOT! That is why at this month's THRIVE2SURVIVE event we will have water fun!

THRIVE2SURVIVE will be on July 11th at 11am. We will be having a family style BBQ and bringing connection and resources to those in need. Sprinklers, face painting and passion for recovery make a recipe for fun and healing! If you are interested in volunteering for this event, please join us at our next planning meeting on July 7th @ 4 at the Recovery Café.

Recovery Café will be closed on July 17th for Recovery Coach Academy training. The CCAR Recovery Coach Academy[©] is a 3-day intensive training academy focusing on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter or sustain long-term recovery from any addiction.

If you missed the opportunity to register, don't worry this training will be offered again in the next couple months. If you are interested in joining in the future please reach out to Steven Mahoney, the Dean of School of Recovery, at smahoney@recoverycafec.org. As we grow one of our vital volunteer positions that will be in high demand is our floor companion. The most common statement heard around the Café is about the feeling of acceptance, and warm welcoming they received as they step in the doors of the Café. Our greeters and floor companions are a prime example of people giving back what they have been freely given. We ask that all our floor companions attend a short and friendly training/orientation, so they are aware of the expectations of that position. Terry Sweaney is "the facilitator of that training, typically held the 1st Friday of the month."

Charles, Community Resource Outreach Coordinator/Volunteer Manager, has made clear his deepest appreciation for the



Becky, Rori, Jodene and Tessa

participation of the members as volunteers. Volunteer hours are being tracked and he has reported that the number of volunteers and dedicated hours they have worked has more than doubled since April. The Café would like to honor Sylvia Christenson as July's Volunteer of the month. Sylvia became a member March 25, 2021, and since then she has come in Tuesday through Friday as a dedicated volunteer without missing a beat. Please join us on July 6th to honor her as the Volunteer of the Month during lunch announcements. The relaunch of Family Fun Night last month was a blast! We had great food, beautiful smiles and laughter was heard from every corner of the Café. Friends and family enjoyed time playing with nerf guns and water pistols. There was checkers and chess, Jenga and Gilbert, a member/facilitator, was dressed as a minion. Not to mention the long list of professional Karaoke singers that absolutely shut the house

down! If you did not get the opportunity to join us last month, please get your name on the sign-up list for July 30th 6-8pm! You will not be disappointed.



HEP C Awareness

World Hepatitis Day (WHD) takes place every year on July 28th bringing the world together under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change. In 2021 the theme is 'Hepatitis Can't Wait'. On World Hepatitis Day, 28 July, we call on people from across the world to take action and raise awareness of hepatitis because Hepatitis Can't Wait. The Café understands the importance of getting tested and offers a safe space for members to ask for resources or support. Ethan, Recovery Coach/School of Recovery Coordinator, said that the Café offers, "a safe space for the member to speak how they feel. Along with supporting them with coping strategies geared toward removing stigmas and labels attached to Hep C and HIV."

The Café works with the Clark County Needle Exchange in providing Harm reduction education and a resource for members to receive testing and supplies if desired. Becky, Operations Manager, says "assigning our members with a recovery coach/peer that is relatable, allows a relationship built upon trust and comfortability, so our member know they

are not on an island all by themselves. As the Café strongly believes that the opposite of addition is connection."

THE HEART OF THE CAFE



Natalie, Lisa, Bruce

Some say the way to a person's heart is through their stomach and that has been proven to be true day after day at the Café. Rick, Kitchen Coordinator, and his team provides a family style meal and top of the line salad bar daily. Having our lunch offered for free for the members sets the Café apart from the rest in that eating together is another way we connect. There is a lot of healing that happens through the kitchen. Members needing work experience are empowered with new skills for their resume. Also, community service workers come to help in the kitchen to complete community service hours for court and a lot of the time organic conversation that happens over cooking brings healing and recovery.

The Café's kitchen staff is very grateful for all assistance provided by members to keep the kitchen clean and running smoothly.



Officer Tyler Chavers, Andy

RECOVERY CAFÉ, SCHOOL OF RECOVERY

Starting July 2nd at 6pm Steven Mahoney and Rori Dicker will be hosting a writing group at the Café. This is not a writing class it is a writing group in which members that enjoy writing poetry, story stories or free write can get together and inspire each other. The vision is to hold open mic night at the Café and eventually invite other Cafés to join open mic night through zoom. This will be held the 1st Friday each month at 6pm. If you are interested in joining there is no sign up, just show up and enjoy. Stay informed with the training and classes that are being held at the Café by reviewing our calendar or scheduling an appointment with one of our employment specialists.



Ethan & Gilbert

DIRECTOR'S NOTE FOR JULY

Last July, I joined the Recovery Café of Clark County community. At that time, we had a small staff (less than 10) and we were still adjusting to COVID. Today, our community is growing and thriving. We have a staff of over 25 people, and we just added health care benefits for fulltime staff. We have recovery activities every day except Sundays and our evening activities are growing quickly. We, the recovery community, should be proud of our growth and the support we offer to Clark County.

As we head into the next year, we will build back our connections throughout the community and support each other as we get back to “normal” living including our recovery journeys. Oxfest, Hands across the Bridge,

Recovery Forum, and others all need to get back to traditional involvements. We can't let our progress slide backwards and must continue to make improvements where and when we can.

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Remember, the Recovery Café is there to support all our efforts for individual healing, family healing, and building a community that nurtures healing at every level. Recovery Works! Celebrate Recovery! Meet them where they are! The miracles happen every day so give thanks and THANK YOU for your support.



*-Vince Collins, MSW RCP- **Executive Director***

31 AUGUST

INTERNATIONAL OVERDOSE
AWARENESS DAY

END THE
STIGMA.
END THE
SILENCE.

TIME TO
REMEMBER.
TIME TO
ACT.



International Overdose
Awareness Day

A Penington Institute Initiative



Overdose Awareness Day August 31



Email a photo of a loved one you'd like to honor at the
Clark County Overdose Awareness Day Memorial
to ohana.swwa@gmail.com

July Event Calendar

FRONT DESK

360- 984- 6163

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ETHAN GONZALES

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RECOVERY COORDINATOR

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MONDAY

Parent Support Group

Member Event
July 5, 2021 @ 5-7pm

Parent Support Group

Member Event
July 12, 2021 @ 5-7pm

Parent Support Group

Member Event
July 19, 2021 @ 5-7pm

Parent Support Group

Member Event
July 26, 2021 @ 5-7pm

Recovery Coach Academy

Community Event
July 19, 2021 @ 9am-5pm

SUNDAY

Thrive 2 Survive

Community Event
July 11, 2021 @ 11am-1pm

Recovery Coach Academy

Community Event
July 18, 2021 @ 9am-5pm

TUESDAY

Dual Recovery Anonymous

Community Event
July 6, 2021 @ 4-5pm

Dual Recovery Anonymous

Community Event
July 13, 2021 @ 4-5pm

Dual Recovery Anonymous

Community Event
July 20, 2021 @ 4-5pm

Dual Recovery Anonymous

Community Event
July 27, 2021 @ 4-5pm

Meditation with Penny

Member Event
July 6, 2021 @ 5-5:30pm

Meditation with Penny

Member Event
July 13, 2021 @ 5-5:30pm

Meditation with Penny

Member Event
July 20, 2021 @ 5-5:30pm

Meditation with Penny

Member Event
July 27, 2021 @ 5-5:30pm

Walking with Recovery

Member Event
July 6, 2021 @ 10am-11am

Walking with Recovery

Member Event
July 13, 2021 @ 10am-11am

Walking with Recovery

Member Event
July 20, 2021 @ 10am-11am

Walking with Recovery

Member Event
July 27, 2021 @ 10am-11am

WEDNESDAY

Zentangle with Penny

Member Event
July 7, 2021 @ 2:15-4:15pm

Thrive 2 Survive Planning

Community Event
July 7, 2021 @ 4pm-5pm

Healing Art with Gilbert

Member Event
July 14, 2021 @ 2:15-4:15pm

Zentangle with Penny

Member Event
July 21, 2021 @ 2:15-4:15pm

Healing Art with Gilbert

Member Event
July 28, 2021 @ 2:15-4:15pm

THURSDAY

Get Your Voice Back

Community Event
July 1, 2021 @ 6:00pm-7:30pm

Get Your Voice Back

Community Event
July 8, 2021 @ 6:00pm-7:30pm

Get Your Voice Back

Community Event
July 15, 2021 @ 6:00pm-7:30pm

Get Your Voice Back

Community Event
July 22, 2021 @ 6:00pm-7:30pm

Get Your Voice Back

Community Event
July 29, 2021 @ 6:00pm-7:30pm

Walking with Recovery

Member Event
July 1, 2021 @ 10am-11am

Walking with Recovery

Member Event
July 8, 2021 @ 10am-11am

Walking with Recovery

Member Event
July 15, 2021 @ 10am-11am

Walking with Recovery

Member Event
July 22, 2021 @ 10am-11am

Walking with Recovery

Member Event
July 29, 2021 @ 10am-11am

FRIDAY

Writing Group

Member Event
July 2, 2021 @ 6:30pm -7:30pm

Potato Salad Contest & BBQ

Member Event
July 16, 2021 @ 11:30am

Family Fun Night

Member Event
July 30, 2021 @ 6-8pm

SATURDAY

New Members Introduction

Member Event
July 3, 2021 @ 10am-11:30am

New Members Introduction

Member Event
July 10, 2021 @ 10am-11:30am

RCCC will be CLOSED 7/17/21 for RCA Training

Recovery Coach Academy

Community Event
July 17, 2021 @ 9am-5pm

New Members Introduction

Member Event
July 24, 2021 @ 10am-11:30am

New Members Introduction

Member Event
July 31, 2021 @ 10am-11:30am

Community Events

Movies in the Park: 2021 Movie Schedule

If you are looking for something fun in recovery to do this summer, Clark County is hosting Movie in the Park.

Because these events take place outside, they are susceptible to weather-related cancellations. City of Vancouver and Vancouver Parks and Recreation social media channels will be updated if cancellations occur. Check out the city's website for updates:

<https://www.cityofvancouver.us/parksrec/page/friday-night-movies-parks>

JULY 9 - TROLLSWORLD TOUR (PG)
FRUIT VALLEY PARK
(3200 FRUIT VALLEY RD.)

JULY 16 - GOONIES (PG)
FISHER BASIN PARK
(SOUTHEAST 192ND AVE. AND MILL PLAIN BLVD.)

JULY 23 - RAYA AND THE LAST DRAGON (PG)
EDGEWOOD PARK
(600 EDWARDS LANE)

JULY 30 - THE CROODS: A NEW AGE (PG)
FORT VANCOUVER HISTORIC SITE
(612 E. RESERVE ST.)

AUG. 6 - WONDER WOMAN 1984 (PG-13)
WASHINGTON SCHOOL PARK
(2908 S ST.)

AUG. 13 - FROZEN II (PG)
HEARTHWOOD PARK
(801 N.E. HEARTHWOOD BLVD.)

AUG. 20 - ONWARD (PG)
BAGLEY COMMUNITY PARK
(4607 PLOMONDON ST.)

AUG. 27 - SCOOB! (PG)
OAKBROOK PARK
(3103 N.E. 99TH AVE.)