October Events and Membership 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **11:00 AM –** Mindful Discussion – Meditation **2:00 PM** Acupuncture **4-5 PM**–Grounding Meditation	2 **2 PM-3 PM** Life Skills Class	3
4	5 **12:30-2:30 PM** Resource Coordinator	6 **4:30 PM** – Guitar Lessons	7 **9:30 AM Men's Mental Health Group** **11:30AM** Open Art studio w/ Crystal **12:30-2:30 PM** -Helping Hands **1:30-3:30 PM VOAWW Connect** **2 PM** BOOK CLUB ***4 PM NMI (3:45 PM check in)***	8 **11:00 AM –** Mindful Discussion – Meditation **2:00 PM** Acupuncture	9 ***11 AM** NMI (**10:45 AM check in**)* **2 PM-3 PM** Life Skills Class	10
11	12 **1-2 PM Stress Management Workshop** w/ Judy Hoff **1-3 PM** – Ideal Options	13 **12-2 PM – Financial Literacy Workshop** **1-3 PM** Paralegal w/ Sno. County Public Defender's Association **4:30 PM** – Guitar Lessons	14 **9:30 AM Men's Mental Health Group** **11:30AM** Open Art studio w/ Crystal **12:30-2:30 PM** - Helping Hands **2 PM** BOOK CLUB ***4 PM NMI (3:45 PM check in)***	15 **11:00 AM –** Mindful Discussion – Meditation **2:00 PM** Acupuncture **4-5 PM**–Grounding Meditation	16 **2 PM-3 PM** Life Skills Class	17
18	19 **12:30-2:30 PM** Resource Coordinator	20 **12:30-2:30 PM** Stillaguamish Tribe Behavioral Health **4:30 PM** – Guitar Lessons	21 **9:30 AM Men's Mental Health Group** **11:30AM** Open Art studio w/ Crystal **12:30-2:30 PM –Orion-**Employment **12:30-2:30 PM** - Helping Hands **1:30-4 PM – CHPW** **2-4 PM VOAWW Connect** **2 PM** BOOK CLUB ***4 PM NMI (3:45 PM check in)***	22 **11:00 AM –** Mindful Discussion – Meditation **1PM - Local 292** **1:30-3:30 PM Legal Clinic** **2:00 PM** Acupuncture	23 ***11 AM** NMI (**10:45 AM check in**)* **2 PM-3 PM** Life Skills Class	24
25	26 **12:30-2:30 PM** Resource Coordinator	27 **12:30-2:30 PM** – Smokey Point Behavioral Health **4:30 PM** – Guitar Lessons	28 **9:30 AM Men's Mental Health Group** **11:30AM** Open Art studio w/ Crystal **12:30-2:30 PM** - Helping Hands **1:30-3:30 PM VOAWW Connect** **2 PM** BOOK CLUB ***4 PM NMI (3:45 PM check in)***	29 **11:00 AM –** Mindful Discussion – Meditation **2:00 PM** Acupuncture **4-5 PM**–Grounding Meditation	30 **2 PM-3 PM** Life Skills Class **6 PM - Open Mic Night**	31

See more information and details on the back of this page.

EVENTS

BOOK CLUB – Come join the group in reading this month's book, "Push off from Here" by Laura McKowen.

Local 292-
Are you interested in finding employment with the union? Local 292 will now have a presence and can help you navigate through apprenticeships and explore over 100+

CHPW- Come chat with Cindy from Community Health Plan of Washington. She is here to help you navigate through picking an insurance plan and answer Q's!!

Frybread Friday – You are invited to join us for a brief presentation on the problem gambling (presented by April) and services at Tulalip Tribes. Followed by free traditional Frybread prepared by Sarah Sense-Wilson (Oglala)

Open Mic Night
Come join our open mic night for fun, karaoke and fellowship every last Friday of the month at 6 PM!

Snohomish County Legal clinic every fourth Thursday of the month 1:30 to 330. They will be answering legal questions for FREE (Family Law, Housing Law, etc). Please use the sign in sheet with your name and legal topic you are seeking info about. Sign up and fill up a quick Intake form (see Kalei for the form).

Helping Hands – Provides behavioral health and supportive services in Snohomish County. Services include case management, counseling and housing services.

Employment Support Services – Orion works representative will be here helping our members to get a job. They also provide training and counseling programs are customized to fit your exact needs on the job market.

Open Art Studio Wednesdays – You have everything you need to do this and you're going to love it! We are giving the tools and freedom to express your growing creativity!

Member Voices' Monthly Event - YOUR VOICES needed to guide us! Join us for Café community meeting to discuss what we could do better TOGETHER; the agenda will be based on the suggestion box and you need to be here to represent your idea!

Hope Works – Interested in hands-on job training? Come inquire about multiple12-week job training programs offered!!

New Member Introduction
If you're interested in becoming a member of the Recovery Café, we have several introduction sessions available. Please sign up at the front desk on Wednesdays @ 3:45 PM, 4 PM Orientation begins. Also the 2nd and 4th Friday we offer an NMI at 11 AM with a 10:45 AM check in time.

VOAWW Connect Wednesdays from 1:30-4:00 PM. Bonnie will help members to locate immediate resources.

DVS
Talk with an advocate from Domestic Violence Services of Snohomish County about getting connected to resources, assistance with filing a protection order or just chat!

Smokey Point Behavioral Health-
SPBH is a 145-bed behavioral health hospital specializing in behavioral healthcare and co-occurring disorders for adults and adolescents. Come chat and ask questions to find out more!

Life Skills Class: Life is full of challenges, and this class provides the tools to face them head-on. Join us to learn practical strategies for daily living, building resilience, and enhancing your overall well-being.

Stillaguamish Behavioral Health Program-
Offers substance use disorder treatment, mental health counseling, medication management, MAT, and problem gambling support groups. Looking to quit smoking? Nicotine patches and gum offered while supplies last.