November Events and Membership 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **12:30-2:30 PM - DVS** **12:30-2:30 PM** Resource Coordinator **12:30-2:30 PM-** Community Transit & King County Metro **1-3 PM** - Ideal Options	3 **11-12 PM** Trauma Unbound & Unwound **4:30 PM** – Guitar Lessons	4 **9:30 AM Men's Mental Health Group** **1-2:30PM** 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)***	5 **9-10 AM – Mindful Movement Yoga** **11:00 AM –** Mindful Discussion – Meditation **12:30-2:30 PM** - Advocates **2:00 PM** Acupuncture **4-5 PM**–Grounding Meditation	6 **2 PM-3 PM** Life Skillz Class	7
8	9 **12:30-2:30 PM** Resource Coordinator **12:30-2:30 PM-** Community Transit	10 **11-12 PM** Trauma Unbound & Unwound **1-3 PM** Paralegal w/ Sno. County Public Defender's Association **4:30 PM** – Guitar Lessons	11 **9:30 AM Men's Mental Health Group** **1-2:30PM** 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)***	12 **9-10 AM – Mindful Movement Yoga** **11:00 AM –** Mindful Discussion – Meditation **12:30-2:30 PM** - Advocates **2:00 PM** Acupuncture	13 ***11 AM** NMI (**10:45 AM check in**)* **2 PM-3 PM** Life Skillz Class	14
15	16 **12:30-2:30 PM** Resource Coordinator **1-2 PM Forgiveness Workshop** w/ Judy Hoff	17 **11-12 PM** Trauma Unbound & Unwound **12-2 PM – Financial Literacy Workshop** **12:30-2:30 PM** Stillaguamish Tribe Behavioral Health **4:30 PM** – Guitar Lessons	18 **9:30 AM Men's Mental Health Group** **1-2:30PM** Open Art studio w/ Crystal **12:30-2:30 PM –Orion-**Employment **12:30-2:30 PM** - Helping Hands **1:30-4 PM – CHPW** **1:30-3:30 PM VOAWW Connect** **2 PM** BOOK CLUB ***4 PM NMI (3:45 PM check in)***	19 **9-10 AM – Mindful Movement Yoga** **11:00 AM –** Mindful Discussion – Meditation **12:30-2:30 PM** - Advocates **2:00 PM** Acupuncture **4-5 PM**–Grounding Meditation	20 **2 PM-3 PM** Life Skillz Class **6 PM** – Open Mic Night	21
22	23 **12:30-2:30 PM** Resource Coordinator	24 **11-12 PM** Trauma Unbound & Unwound **12:30-2:30 PM** – Smokey Point Behavioral Health **4:30 PM** – Guitar Lessons	25 **9:30 AM Men's Mental Health Group** **1-2:30PM** Open Art studio w/ Crystal **12:30-2:30 PM** - Helping Hands **1 PM – FRIENDS-GIVING** **1:30-4 PM – CHPW** **1:30-3:30 PM VOAWW Connect** **2 PM** BOOK CLUB ***4 PM NMI (3:45 PM check in)***	26 **CLOSED THANKSGIVING**	27 **CLOSED**	28
29	30 **12:30-2:30 PM** Resource Coordinator					

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!

Trauma Unbound and Unwound – Peer support trauma group.

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.

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!

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

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 Skillz Class: Peer-led, trauma-informed community learning. Through artful conversations, practical tools, and creative reflection, we explore ACEs (Adverse Childhood Experiences), trauma-informed care, emotional and cultural literacy, and artful approaches to healing.

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.