# October

# Pier360

Sharing Hope. Empowering Renewal. Supporting Recovery.

2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pier 360 East 10201 NE Fourth Plain Blvd. Vancouver, WA. 98662 Phone: (360) 253-4036 Fax: (360) 253-9794 www.pier360.org	Pier 360 West 1601 E Fourth Plain Blvd. Bldg. 17, Ste. A114 Vancouver, WA. 98661 Phone (360) 397-8050 Fax (360) 397-8059	1 Wednesday Walk 10AM (E) Everyday Mindfulness 1PM (W) (H) Wellness Wednesday 4PM (W) (H)	2 Support Circle 1PM (W) (H) Disc Golf @Leverich Park 12:30PM (W)	3 Soulful Stroll 11AM (W) Peer Projects 1PM (W) Spooky Feud 6PM (West)	4 Men's Support Circle 9AM (Z) Adopt-A-Park 9:30AM (W) Saturday Support Circle 11AM (Z)
:	De-Stress Your Mess 1PM (W)	7 Volunteer Orientation 10:30AM (W) Women's Support Circle 12PM (Z) Peer Projects 1PM (E) Support Circle 1PM (W) (H) Men's Support Circle 6PM (Z)	8 Wednesday Walk 10AM (E) WRAP Quest 10:15AM (W) Everyday Mindfulness 1PM (W) (H)	9 Support Circle 1PM (W) (H) *Pumpkin Patch & Corn Maze 2PM (W)	10 Soulful Stroll 11AM (W) Peer Projects 1PM (W) <b>D &amp; D Night 6PM</b> (West)	11 Men's Support Circle 9AM (Z) Saturday Support Circle 11AM (Z)
	I3 Jnity Unites 10:30AM (W) (H) De-Stress Your Mess 1PM (W) Run Club @ Orchards Park 5:30PM	14 Women's Support Circle 12PM (Z) Volunteer Orientation 1PM (E) Peer Projects 1PM (E) Support Circle 1PM (W) (H) Art in the Park 4PM (Orchards Park) Men's Support Circle 6PM (Z)	15 Wednesday Walk 10AM (E) Everyday Mindfulness 1PM (W) (H)	16 Support Circle 1PM (W) (H) Volunteer Orientation 2:30PM (W)	17 Soulful Stroll 11AM (W) Peer Projects 1PM (W)  Spooky Spectacular 6PM (West)	18 Men's Support Circle 9AM (Z) Saturday Support Circle 11AM (Z)
	Fort Cascade Historic Loop 11AM (W) De-Stress Your Mess 1PM (W)	21 Women's Support Circle 12PM (Z) Peer Projects 1PM (E) Support Circle 1PM (W) (H) Men's Support Circle 6PM (Z)	22 Wednesday Walk 10AM (E) WRAP Quest 10:15AM (W) Everyday Mindfulness 1PM (W) (H)	23 Support Circle 1PM (W) (H) Volunteer Orientation 10AM (E) *Fort Vancouver Exploration 10:45AM	24 Soulful Stroll 11AM (W) Peer Projects 1PM (W)  Speaker Meeting 6PM (West)	25 Men's Support Circle 9AM (Z) Saturday Support Circle 11AM (Z)
	27 Unity Unites 10:30AM (W) (H) De-Stress Your Mess 1PM (W) Run Club @ Orchards Park 5:30PM  Closed @2PM for Staff Development	28 Women's Support Circle 12PM (Z) Peer Projects 1PM (E) Support Circle 1PM (W) (H) *Bowling 2:30PM (W) Men's Support Circle 6PM (Z)	29 Wednesday Walk 10AM (E) Everyday Mindfulness 1PM (W) (H)	30 Support Circle 1PM (W) (H)	31 Soulful Stroll 11AM (W) Peer Projects 1PM (W)	Hours Mon-Fri 9am-5pm Activities and hours subject to change without notice (H) Hybrid (Z) Zoom (E) East (W) West *Registration required Zoom ID# 348-331-1764

#### Warm Line

Call to speak with a compassionate nonjudgmental peer who will listen and provide support, offer resources, encourage empowerment, and celebrate your successes with you.

#### (360) 903-2853

7 days a week 4pm-12am Including Holidays

#### **Volunteer Orientation**

Learn about volunteer opportunities. Tuesday, October 14<sup>th</sup> @1pm (East) Thursday, October 23<sup>rd</sup> @10am (East) Tuesday, October 7<sup>th</sup> @10:30am (West) Thursday, October 16<sup>th</sup> @2:30pm (West)

## Zoom & Hybrid Groups Zoom/Hybrid ID: 348 331 1764

Monday-Unity Unites 10:30am (W/H)
Tuesday-Women's Support Circle 12pm (Z)
Tuesday-Support Circle 1pm (W/H)
Tuesday-Men's Support Circle 6pm (Z)
Wednesday-Everyday Mindfulness 1pm (W/H)
1st Wednesday-Wellness Wednesday 4pm (W/H)
Thursday-Support Circle 1pm (W/H)
Saturday-Men's Support Circle 9am (Z)
Saturday-Support Circle 11am (Z)

# Adopt-A-Park Saturday 10/4 10am-12pm

Cleaner parks, stronger community! Transportation from Pier 360 West @ 9:30am or meet at Southcliff Park 4506 Oregon Dr. Vancouver, WA 98661 @10am

#### Pier 360 East

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#### Pier 360 West

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# Friday Night Activities @Pier360 West

10/3 Spooky Feud @6pm

Just like family feud, but with a spooky twist!

10/10 D&D Night @6pm

Dungeons & Dragons Night, let your imagination run wild!

#### 10/17 Spooky Spectacular @6pm

Come enjoy trunk or treat and family friendly costume contest!

#### 10/24 Speaker Meeting @6pm

Listen to stories of hope from fellow peers in recovery!

#### <u>Outings</u>

\*To ensure space for everyone please register at either center in person for all outings. Transportation provided from Pier 360 West and will return to Pier 360 West only.

#### Monday 10/6 Mountain View Redtail Lake Loop

Transportation from West @11am or meet at Mountain View Trailhead @12pm

#### Thursday 10/9 Pumpkin Patch & Corn Maze

Pumpkins to pick and a maze to master! Transportation from West provided @2pm or meet at Walton's Farms 1617 NE 267th Ave. in Camas, WA. @3pm

#### Monday 10/20 Fort Cascade Historic Loop

Transportation from West @11am or meet at Fort Cascade Trailhead parking lot @12pm

#### Thursday 10/23 Fort Vancouver Exploration

Travel back in time to Fort Vancouver's past.

Transportation from West provided @10:45am or meet at
Fort Vancouver, 1001 E 5th St, Vancouver, WA 98661 @11am

#### Tuesday 10/28 Bowling

Transportation from West provided @2:30pm or meet at Big Al's, 16615 SE 18th St, Vancouver, WA 98683 @3pm

#### **Activities**

## Thursday 10/2 Disc Golf @Leverich Park

Transportation from Pier 360 West @12:30pm or meet at Leverich Park 4209 NE Leverich Park Way @1pm

#### Monday 10/13 & 10/27 Run Club at Orchard's Park

A beginner friendly jog, bring running shoes for a few laps Meet at Orchards Park @5:30pm 9800 NE 54th St. Vancouver, WA 98662

#### Tuesday 10/14 Art in the Park at Orchard's Park

Clay sculpting and mindfulness

Meet under the covered area at Orchards Park @4pm 9800 NE 54th St. Vancouver, WA 98662

If you have any questions please call Mallory (360) 803-4844 or Emily (360) 803-3553

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#### Unity Unites (West)

Peers supporting peers in an all inclusive identity/gender expression support group.
2SLGBTQIA+
Mondavs @10:30am (Hybrid)

#### **Destress Your Mess (West)**

Self-action and self-care.

Mondays @1pm

#### Wednesday Walk (East)

Walk and talk through Orchards Park.
Wednesdays 10am

## Wrap Quest (West)

This introduction to
Wellness Recovery Action Plan offers a peek
behind the curtain to a powerful personal tool
& opportunity to leave with your very own
pocket plan to live into your recovery.

Figure 2nd 8: 4th Wednesday

Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday 10:15 AM - 12:15 PM

# **Everyday Mindfulness (West)**

Grounding and mindfulness skills.

Wednesdays @1pm (Hybrid)

#### Wellness Wednesday (West)

Active wellness community.

Wednesday 10/1 @4pm (Hybrid)

#### **Peer Projects**

Get crafty, connect, and unwind with us.

Tuesdays @1pm (East)

Fridays @1pm (West)

#### Soulful Stroll (West)

Let's walk together, one mindful step at a time. Fridays @11am (West)