



AUGUST @THREE BRIDGES



604.812.3139

VANCOUVERJUNCTION@VCH.CA

MONDAYS

@THREE BRIDGES (1128 HORNBY ST)

**NO IN-PERSON GROUPS MONDAY AUG 5TH -STAT HOLIDAY
JOIN OUR ZOOM AP MEETING INSTEAD (DETAILS BELOW)**

12-2PM BUILDING BACK COFFEE & CHAT -RM 123

DROP-IN FOR COFFEE, SNACKS, GAMES & CONNECTION. GREAT INTRO TO OUR STAFF, PEERS & COMMUNITY

2:30-4PM ART EXPRESSIONS -RM 215

COME JOIN US FOR SOME PEER-LED THERAPEUTIC ART PROJECTS. ARTISTIC SKILL IS NOT A REQUIREMENT

4:30-6PM 2SLGBTQIA+ ALL PATHWAYS +YOGA -RM 215

GENERAL SHARING & MUTUAL SUPPORT MEETING INCLUSIVE OF ALL FLAVORS OF RECOVERY. THE DISCUSSION PORTION IS THEN FOLLOWED BY A BRIEF & RELAXING YOGA ROUTINE

THURSDAYS

@THREE BRIDGES (1128 HORNBY ST)

**12-2PM BUILDING BACK COFFEE & CHAT
RM 123 OR 215**

JOIN US EVERY THURSDAY FOR COFFEE, SNACKS, GAMES & CONNECTION. YOU WON'T WANT TO MISS OUR MILESTONES CELEBRATION ON AUG 8TH OR HEALING DAY ON AUG 29TH!

2:30-4PM SEAWALL WALK -MEET IN LOBBY

4:30-6PM 2SLGBTQIA+ ALL PATHWAYS -RM 215

GENERAL SHARING & MUTUAL SUPPORT MEETING INCLUSIVE OF ALL FLAVORS OF RECOVERY.

ONLINE ALL PATHWAYS MEETINGS



6PM-7PM

MONDAY - TUESDAY - WEDNESDAY - THURSDAY - SATURDAY

[HTTPS://VANCOUVERCOASTALHEALTH.ZOOM.US/MY/JUNCTIONALLPATHWAYS.](https://vancouvercoastalhealth.zoom.us/my/junctionallpathways)

MEETING ID: 244 730 7088

PASSCODE: 280265



AUGUST @ROBERT & LILY LEE



604.812.3139

VANCOUVERJUNCTION@VCH.CA

MONDAYS

TUESDAYS

WEDNESDAYS

FRIDAYS

SATURDAYS

ALL GROUPS LISTED BELOW ARE LOCATED AT: ROBERT & LILY LEE (1669 E. BROADWAY).

NO IN-PERSON GROUPS MONDAY AUG 5TH - STAT HOLIDAY JOIN OUR ZOOM AP MEETING INSTEAD (DETAILS ON BACK)

4:30-5:30PM (WEEKLY) CHAIR YOGA-RM 223

JOIN TIM FOR OUR ACCESSIBLE & TRAUMA INFORMED YOGA CLASS! NO EXPERIENCE NECESSARY, MATS & TEA PROVIDED

11AM-12:30PM (WEEKLY) SMUDGE & FEATHER -RM 320

JOIN US FOR SMUDGE & FEATHER PASSING WHILE WE DISCUSS RECOVERY & SPIRITUALITY FROM AN INDIGENOUS PERSPECTIVE.

3PM-4PM (WEEKLY) CALM & CONNECT -RM 320

COME LEARN & PRACTICE VARIOUS MINDFULNESS & MEDITATION TECHNIQUES. NO EXPERIENCE REQUIRED!

11AM-12PM (WEEKLY!) YOGA FLOW -RM 223

2:00 - 4:30PM (AUG 3) PRIDE PRE-PARADE PREP

6PM-7:30PM AUG 12 & 19 ONLY! ART IN MOTION -RM 226

6PM-7PM (WEEKLY) ALL PATHWAYS MEETING -RM 223

THIS IS OUR FLAGSHIP MUTUAL SUPPORT MEETING INCLUSIVE OF ALL FLAVORS OF RECOVERY. EACH WEEK JOIN OTHERS IN DISCUSSING VARIOUS RECOVERY-RELATED TOPICS & FIND THE SUPPORT AND CONNECTION AN ALL-PATHWAYS APPROACH CAN BRING.

HAPPIER HOUR! 5-7PM (SEE BELOW) AUG 2ND: 5PM-7PM PRIDE DANCE AUG 9TH: 5PM-7PM LOW-FI WIND DOWN AUG 16TH: 5PM-8PM SOFTBALL GAME, STRATHCONA BASEBALL DIAMOND! AUG 23RD: 5PM-7PM OUTDOOR GAMES HOTDOG BBQ AUG 30TH: 5PM-7PM OPEN MIC

2:30-4:30PM (AUG 10, AUG 17, AUG 24, AUG 31) MUSIC MAKERS -RM 223 SHARE SONGS, JAM, NO SKILL REQUIRED!

1PM-2PM (WEEKLY!) ALL-PATHWAYS: STUDENTS & YOUNG ADULTS -RM 223

5PM-6PM (WEEKLY) ALL-PATHWAYS MEETING -RM 223

THIS GROUP IS FOR FRIENDS/FAMILY/PARTNERS OF THOSE IN RECOVERY OR WHO USE SUBSTANCES. JOIN THIS ART THERAPY PROGRAM AND TAKE TIME TO PROCESS & HEAL & SHARE IN COMMUNITY.

RSVP ONLY :) YUMI - (236) 992-1477 OR VANCOUVERJUNCTION@VCH.CA