



# SEPTEMBER @THREE BRIDGES

1128 HORNBY ST.



 604.812.3139

 VANCOUVERJUNCTION@VCH.CA

## MONDAYS

## THURSDAYS

**NO IN-PERSON GROUPS MONDAY SEPT 2ND OR SEPT 30TH -STAT HOLIDAYS-**

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

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

DROP-IN FOR COFFEE, SNACKS, GAMES & CONNECTION. GREAT INTRO TO OUR STAFF, PEERS & COMMUNITY. SEPT 12TH MILESTONES. SEPT 26TH HEALING DAY & SMUDGE WITH OUR ELDER IN RESIDENCE!

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

**2:30-4PM ART EXPRESSIONS -RM 215**

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

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**

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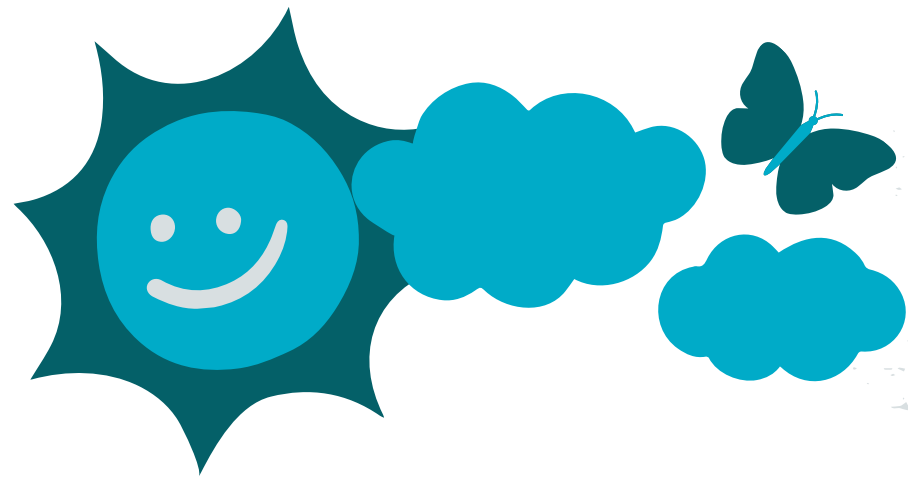
GENERAL SHARING & MUTUAL SUPPORT MEETING INCLUSIVE OF ALL FLAVORS OF RECOVERY. THE DISCUSSION PORTION IS THEN FOLLOWED BY A BRIEF & RELAXING YOGA ROUTINE

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



# SEPTEMBER @ROBERT & LILY LEE

1669 E BROADWAY



 604.812.3139

 VANCOUVERJUNCTION@VCH.CA

## TUESDAYS

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

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

**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.

## WEDNESDAYS



**11:30AM-1:30PM (WEEKLY)  
SMUDGE & FEATHER  
4TH FLOOR**

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

**4:30PM - 6PM  
(WEEKLY)  
NAVIGATING RECOVERY  
ROOM 223**

FOR ANYONE NEW TO RECOVERY OR CURIOUS ABOUT WAYS TO ENHANCE THEIR SKILLS & CONFIDENCE IN NAVIGATING THEIR OWN UNIQUE JOURNEY.

- 4 SESSIONS:**
- DEFINING YOUR RECOVERY
  - EXPLORING YOUR VALUES
  - RECOVERY SUPPORTS
  - SETTING GOALS

## FRIDAYS

**3PM-4PM (WEEKLY)  
CALM & CONNECT  
RM 223**

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

**HAPPIER HOUR!  
5-7PM (SEE BELOW)**

**SEPT 6TH: 5PM-7PM  
KICKBALL AT TROUT LAKE**

**SEPT 13TH: 5PM-7PM  
KARAOKE!**

**SEPT 20TH: 5PM-8PM  
INDOOR GAMES**

**SEPT 27TH: 5PM-7PM  
OPEN MIC NIGHT!**

## SATURDAYS

**11AM-12PM  
YOGA FLOW -RM 223**

**1PM-2PM  
ALL-PATHWAYS:  
STUDENTS & YOUNG  
ADULTS -RM 223**

**2:30-4:30PM  
MUSIC MAKERS  
RM 223  
SHARE SONGS, JAM, NO  
SKILL REQUIRED!**

**5PM-6PM  
ALL-PATHWAYS  
MEETING  
RM 223**

**Follow  
us!**

