

 = DAYTOX CREDIT AVAILABLE



NOVEMBER @THREE BRIDGES

1128 HORNBY ST.

JUNCTION COMMUNITY CENTRE VANCOUVER

 604.812.3139

 www.junctionbc.ca

 VANCOUVERJUNCTION@VCH.CA



MONDAYS

THURSDAYS

NEW EXTENDED HOURS

ALL GROUPS CANCELLED MONDAY NOVEMBER 11TH
-STAT HOLIDAY-

12-4PM 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.

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JOIN US NOV. 28 FOR OUR MONTHLY MILESTONES CELEBRATION!

2:30-4PM ART EXPRESSIONS -RM 215

4:30-5:30PM 2SLGBTQIA+ ALL PATHWAYS -RM 215 

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



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

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

 **ONLINE ALL PATHWAYS MEETINGS**

6PM-7PM

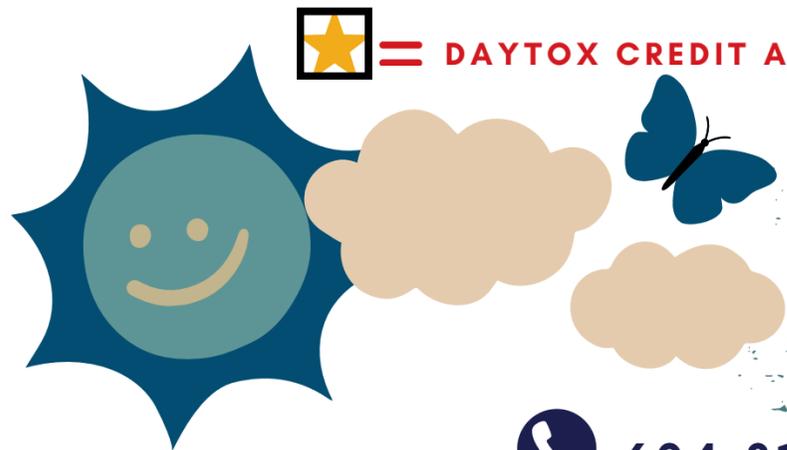
MONDAY - TUESDAY - WEDNESDAY - THURSDAY - SATURDAY

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

MEETING ID: 244 730 7088

PASSCODE: 280265

 = DAYTOX CREDIT AVAILABLE



NOVEMBER @ROBERT & LILY LEE 1669 E BROADWAY

JUNCTION COMMUNITY
CENTRE
VANCOUVER



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TUESDAYS

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

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



FRIDAYS

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

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

HAPPIER HOUR! 5-7PM (SEE BELOW)

NOV 1ST: 5PM-7PM
JUNCTION JEOPARDY

NOV 8TH: 5PM-7PM
VARIETY NIGHT (DRAG SHOW)

NOV 15TH: 5PM-7PM
GAMES NIGHT

NOV 22ND: 5PM-7PM
OPEN MIC

NOV 29TH: 5PM-7PM
GLOW BOWLING
(MEET AT GRANDVIEW LANES
2195 COMERCIAL DR)

SATURDAYS

11AM-12PM
YOGA FLOW -RM 223
OR ROOFTOP PATIO :)

1PM-2PM
ALL-PATHWAYS:
STUDENTS & YOUNG
ADULTS -RM 226

2:30-4:30PM
MUSIC MAKERS -RM 223
NO SKILL REQUIRED
WEEK 1: PASS THE AUX MUSIC SHARE
WEEK 2: INSTRUMENT EXPLORATION
WEEK 3: SOFT JAM
WEEK 4: WORKSHOP

 5PM-6PM
ALL-PATHWAYS
MEETING
RM 223

Follow
us!

