



# OCTOBER @THREE BRIDGES

1128 HORNBY ST.



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JUNCTIONBC.CA



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## MONDAYS

**NO IN-PERSON GROUPS MONDAY OCTOBER 14TH  
-STAT HOLIDAY-**

**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

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

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

**\*JOIN US OCT 10TH FOR OUR MILESTONES CELEBRATION!\***

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

IF THE WEATHER IS BAD WE WILL STAY AT THREE BRIDGES & PLAY BOARD GAMES INSTEAD! :)

**4:30-5:30PM 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**





# OCTOBER @ROBERT & LILY LEE 1669 E BROADWAY



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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.

**6PM - 7:30PM  
(WEEKLY)  
ALL PATHWAYS: GOOD GRIEF!  
ROOM 223**

FOR ANYONE NEEDING TO PROCESS GRIEF & LOSS IN A SUPPORTIVE GROUP ENVIRONMENT



## FRIDAYS

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

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

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

OCT 4TH: 5PM-7PM  
GLO- BOWLING! MEET US AT GRANDVIEW LANES (2195 COMMERCIAL DR)

OCT 11TH: 5PM-7PM  
HALLOWEEN DANCE!+CHILL ROOM

OCT 18TH: 5PM-7PM  
HALLOWEEN MOVIE NIGHT & PUMPKIN DECORATING!

OCT 25TH: 5PM-7PM  
OPEN MIC COSTUME PARTY!

## 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  
SHARE SONGS, JAM, NO  
SKILL REQUIRED!**

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

Follow  
us!

