CLOSED MON, AUG 4TH



AUGUST 2025 @THREE BRIDGES

1128 HORNBY ST.





604.812.3139





MONDAYS

12-2PM BUILDING BACK COFFEE & CHAT -RM 215

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.

4:30-5:30PM ALL PATHWAYS MEETING -RM 215

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

THURSDAYS

12-2PM BUILDING BACK COFFEE & CHAT RM 215

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

2:30PM-4PM SEAWALL WALK & CHAT (MEET IN LOBBY)

BACK BY POPULAR DEMAND! JOIN US FOR A WALK ON THE SEAWALL -WEATHER PERMITTING - IN CASE OF BAD WEATHER WE WILL EXPAND **BUILDING BACK TILL 4PM IN ROOM 215**

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



A MUTUAL SUPPORT MEETING FOR THOSE WHO SELF-IDENTIFY AS QUEER, TRANS, AND/OR TWO-SPIRIT. TOPICS WILL EXPLORE THE INTERSECTIONAL SPACE BETWEEN QUEERNESS AND RECOVERY THROUGH AN ALL-PATHWAYS LENS. *WE LOVE OUR ALLIES & RESPECTFULLY ASK ALLIES TO ATTEND GENERAL AP MEETINGS.*

ONLINE ALL PATHWAYS MEETINGS

6PM-7PM MON/ TUES/ WED/ THURS/ SAT

MEETING ID: 244 730 7088

PASSCODE: 280265

VANCOUVERCOASTALHEALTH.ZOOM.US/J/2447307088



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Zoom

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TUESDAYS

3PM - 5PM

DROP-IN NAVIGATION

3RD FLOOR JUNCTION

1:30PM - 3PM 312 MAIN ST.

FIRST COME, FIRST SERVE 1:1 SUPPORT ON YOUR RECOVERY JOURNEY BY OUR NAVIGATORS!

4:30-5:30PM ZEN OUT -RM 223

COME LEARN, PRACTICE, AND REFLECT ON VARIOUS MINDFULNESS & MEDITATION TECHNIQUES.

6PM-7PM **ALL PATHWAYS MEETING -RM 223**

OUR FLAGSHIP MUTUAL SUPPORT MEETING INCLUSIVE OF ALL FLAVORS OF RECOVERY.

*THE LAST TUESDAY OF EACH MONTH IS A MILESTONES THEMED MEETING-YES, THERE WILL BE CAKE!

SMUDGE & FEATHER

WEDNESDAYS



JOIN US AT 312 MAIN ST FOR SMUDGE & FEATHER **PASSING WHILE WE DISCUSS RECOVERY &** SPIRITUALITY FROM AN **INDIGENOUS** PERSPECTIVE.

CULTURAL/RECOVERY **ACTIVITIES 3:30-6PM** 312 MAIN ST.

AFTERWARDS, WE WILL HOST VARIOUS CULTURAL ACTIVITIES IN THE SAME ROOM FOR THOSE WHO **WOULD LIKE TO STAY & LEARN**

6PM - 7PM YOGA WITH MELISSA RM 223 COME MEET OUR **NEW INSTRUCTOR!**

FRIDAYS

HAPPIER HOUR! 5-7PM (SEE BELOW)

AUG 1ST

PRE-PRIDE CRAFTING

PREP FOR VANCOUVER PRIDE MARCH ON AUG 3RD! YOU DON'T HAVE TO JOIN THE PARADE TO JOIN THE FUN!

AUG 8TH

OUTDOOR GAMES

JOIN US AT CLARK PARK FOR BOCCE, FRISBEE, BADMINTON, AND CHILL VIBES

AUG 15TH

JUNCTION JEOPARDY

THIS HIT GAME SHOW RETURNS AT YOUR FAVOURITE COMMUNITY CENTRE!

AUG 22ND

BBQ & KICKBALL

BACK AT TROUT LAKE FOR OUR LAST **BBQ OF THE SUMMER!**

AUG 29TH **OPEN MIC NIGHT**

SATURDAYS

11AM-12PM MINDFUL MORNINGS **RM 223**

12:30PM-1:30PM ALL-PATHWAYS **MEETING -RM 226**

2PM-4PM 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

All links here!



Linktree

