# OCT 2025

102-32463 Simon Ave, Abbotsford BC



604-851-3754



JunctionBC.ca

**CLOSURES** TUES, OCT 7 MON, OCT 13







#### **TUESDAYS**

#### **WEDNESDAYS**

JunctionAbbotsford@fraserhealth.ca

#### **THURSDAYS**

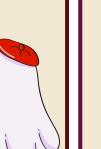
#### 12:30PM - 1:30PM

#### **ART EXPRESSION**

Join us for therapeutic art, guided journaling, poetic reflection, and creative vibes.

No experience needed.

**Junction Main Office** 



#### 12PM - 1PM STITCH & BITCH

A cozy space to crochet, knit, or just hang out & vent. No skills needed.

**Junction Main Office** 



online

### 12:15PM - 1:15PM MINDFUL MOVEMENT

Come learn mindfulness and meditation skills.

**ASAA HALL: 2631 Cyril Ave** 



Please call, email, or drop-in

SCAN

HERE

FOR ALL

LINKS

to sign up

# 2PM - 3PM

#### TRAIL WALK

**Junction Main Office** 

Meet at the Junction office and we will explore a new trail each week in Abbotsford. Weather permitting.



**Junction Main Office** 

## 1:30PM - 3PM **SMUDGE AND FEATHER**

Explore recovery and spirituality from an Indigenous perspective. Connect, share, and learn in a supportive space.



#### 3:00PM - 4:30PM **GRIZZLY SPORTS CLUB**

Activities include sports, dance, group walks, and fitness, offering ways to get moving and connect with others. Max. 8 people sign-up.

**Junction Main Office** 



Drop by to connect with one of our peer workers for one-on-one conversations and support from someone with lived experience.



### **4PM - 5PM SMART RECOVERY**

Join our self-empowering and judgement-free support group to create a balanced life.

#### **5PM-6PM ALL PATHWAYS**

A mutual support meeting from all walks of recovery. Share stories, explore different perspectives, and build connection through open and real conversations.

online



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#### **FRIDAYS**

#### 12PM - 2PM

#### INDIGENOUS CULTURAL SUPPORT

Drop-in to connect with Bill, our Senior Cultural Advisor, for conversation and cultural support in a welcoming space.

**Junction Main Office** 

## 12PM - 2PM **HAPPIER HOUR**

**OCT 3:** Sip & Paint

**OCT 10:** Table Games

**OCT 17:** Pumpkin Carving

**OCT 24:** Halloween-themed Movie

**OCT 31:** Halloween Party

ASAA HALL: 2631 Cyril Ave

**5PM-6PM ALL PATHWAYS** 



#### **SATURDAYS**

## 12:30PM - 3:30PM

LIVE, LAUGH, LUNCH

We'll be cooking one pot meals and enjoying activities together.

ASAA HALL: 2631 Cyril Ave

#### **5PM - 6PM**





#### **2SLGBTQIA+ ALL PATHWAYS**

A mutual support group for those who self-identify as queer, trans, and/or two-spirit. Together, we'll explore how our identities & lived experience intersect with recovery in all its forms.

## **BUILDING BACK COFFEE & CHAT**

Connect with others seeking wellness & recovery. We've got snacks, coffee, and games!

#### **MONDAY - FRIDAY**

12PM - 4PM

**Junction Main Office** 

**SATURDAY** 



12PM-4PM

ASAA HALL: 2631 Cyril Ave

Tuesday, October 21 5:30pm-7pm

#### Where?

Galaxy Bowl, 32490 Simon Ave

RSVP required! Call, email, or drop-in to let us know you're coming.



Please call, email, or drop-in to sign up

# Online All Pathways + SMART Recovery

All Pathways: Thurs, Fri, Sat | 5PM - 6PM

Smart Recovery: Wed | 4PM - 5PM

Meeting ID: 221 658 615 886 Passcode: ey3wt9yx



