


**O C T O B E R**  
**2025**



*Tuesdays*



**INTRO-SPECTIONS GROUP (8 Sessions)**  
**9 AM TO 11 AM**

SUPPORT FOR THOSE AFFECTED BY THE SUBSTANCE USE OF LOVED ONES (REGISTRATION REQUIRED)





**BUILDING BACK COFFEE & CHAT**  
**12 PM TO 2 PM**

IN RECOVERY? CURIOUS ABOUT RECOVERY? STOP BY FOR A COFFEE & CHAT



**HAPPIER HOUR**  
**2 PM TO 4 PM**


SOCIALIZE WITH WEEKLY THEMES (GAMES, MUSIC, ETC)



*Wednesdays*


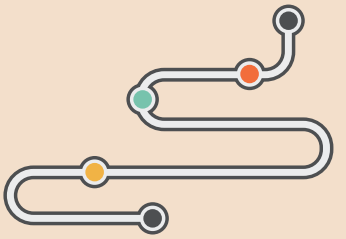
**ONE to ONE MEETINGS**  
**10 AM TO 12 PM**

CONFIDENTIAL SESSIONS BY APPOINTMENT WITH RECOVERY STAFF





**ALL PATHWAYS MEETING**  
**12:30 PM TO 1:30 PM**

RECOVERY SUPPORT GROUP



**ART EXPRESSIONS**  
**2 PM TO 4 PM**

VARIOUS ART/CRAFT PROJECTS FOR ALL SKILL LEVELS



*Interested in finding out more?*

**Come to our Building Back Coffee & Chat**  
**WE CAN ANSWER ALL YOUR QUESTIONS ABOUT WHAT THE HOPE JUNCTION HAS TO OFFER AND SIGN YOU UP FOR OUR EVENTS**





## Thursdays

## Fridays



### MORNING MINDFUL-BLISS

9 AM TO 10 AM

LEARN AND PRACTICE MINDFUL  
MEDITATION SKILLS

*Bliss*



### THE HOPE JUNCTION AT SPUZZUM FIRST NATION

11 AM TO 1 PM

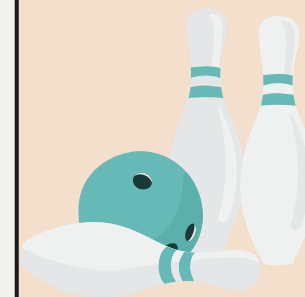
BRINGING THE HOPE JUNCTION SERVICES  
TO THE FRASER CANYON



### INTRO TO NAVIGATING RECOVERY

11 AM TO 1 PM

INTRODUCTION & SIGN UP FOR OUR 4 PART  
NAVIGATING RECOVERY SERIES



### THE HOPE JUNCTION AT BOSTON BAR CANYON LANES

2 PM TO 4 PM

BRINGING THE HOPE JUNCTION SERVICES  
TO THE FRASER CANYON



895 3<sup>rd</sup> Ave  
Unit C (street level)  
Hope, BC



604-869-6338  
604-869-1292



hopejunction@cedarstrong.org

### DAYS WE ARE CLOSED



**Oct 13<sup>st</sup> Thanksgiving Closed**



**Oct 14<sup>st</sup> Closed**