

# November 2025

## TUESDAYS

### INTRO-SPECTIONS GROUP (8 SESSIONS)

9am-11 am

Support for those affected by the substance use of loved ones  
(registration required)

### BUILDING BACK COFFEE & CHAT

12pm-2pm

In recovery? Curious about recovery?  
Drop-in for a coffee and chat

### HAPPIER HOUR

2pm-4pm

Drop-in and socialize with weekly themes  
(games, music, etc.)

## WEDNESDAYS

### ONE TO ONE MEETINGS

10am-12pm

Confidential sessions with recovery staff  
(registration required)

### ALL PATHWAYS MEETING

12:30pm-1:30pm

Drop-in recovery support group

### ART EXPRESSIONS

2pm-4pm

Drop-in for various art/crafts 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



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## THURSDAYS

### MORNING MINDFUL-BLISS

9am-10am

Learn and practice mindful meditation skills  
(registration required)

### INTRO TO NAVIGATING RECOVERY

11am-1pm

Drop-in for introduction & sign up for our 4 part  
navigating recovery series

### HAPPIER HOUR

2pm-4pm

Drop-in and socialize with weekly themes  
(games, music, etc.)

## FRIDAYS

### THE HOPE JUNCTION AT SPUZZUM FIRST NATION

11am-1pm

Bringing the Hope Junction services to the Fraser  
Canyon

### THE HOPE JUNCTION AT BOSTON BAR CANYON LANES

2pm-4pm

Bringing the Hope Junction services to the Fraser  
Canyon



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### CLOSED

Nov 11th Closed for Remembrance Day

Nov 20th Closed for morning reopens at 11 am



PREVENTION + INTERVENTION SOCIETY