CLOSED THUR, DEC 25TH FRI, DEC 26TH THUR, JAN 1ST



DECEMBER 2025 @THREE BRIDGES

1128 HORNBY ST.







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

12-4PM BUILDING BACK COFFEE & CHAT -RM 215

OPEN DROP-IN SPACE DESIGNED FOR OUR COMMUNITY TO SHARE, BELONG AND HEAL. GRAB SOME COFFEE, SNACKS, GAMES, AND MAYBE EVEN SOME CONNECTION! GREAT INTRO TO OUR STAFF, PEERS & COMMUNITY.

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



THUR, DEC 25TH FRI, DEC 26TH THUR, JAN 1ST

CLOSED



Zoom

CLOSED
THUR, DEC 25TH
FRI, DEC 26TH
THUR, JAN 1ST















Tuesday

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

COME LEARN, PRACTICE, AND REFLECT WITH VARIOUS MINDFULNESS & MEDITATION TECHNIQUES



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!

Wednesday

12-2PM -3RD FLOOR NAVIGATOR DROP-IN

1:30PM - 3PM
SMUDGE & FEATHER
312 MAIN ST.

6PM-7:30PM, RM 223 NAVIGATING WITHIN



DEC 3 - DISCOVER STRESSORS

DEC 10 - DIG INTO FIXED THOUGHTS

DEC 17 - EXPLORE YOUR WORLD VIEW

DEC 24 - CREATE A NEW OUTLOOK

DEC 31 6:00-7:30PM, RM 223 YEAR'S END MEMORIAL

JOIN US TO CLOSE OUT THE YEAR WITH A NIGHT OF REMEMBERANCE

Friday

HAPPIER HOUR! 5-7PM (SEE BELOW)

DEC 5TH - SUMMER IN DECEMBER KARAOKE!

BREAK OUT YOUR FLIP-FLOPS AND FOG MACHINE: OUR BEACH PARTY'S GONNA BE INDOORS!

DEC 12TH -HOLIDAY CRAFTING
YOU BRING YOUR IMAGINATION, WE'LL BRING
THE HOT CHOCOLATE!

DEC 19TH - HOLIDAY PARTY! 4-7PM

A SPECIAL, EXTENDED HAPPIER HOUR FOR OUR COMMUNITY! JOIN US AT 4PM FOR A HOLIDAY MEAL ACCOMPANIED BY A RAFFLE AND CLASSIC HOLIDAY KARAOKE HOSTED BY THE MUSIC MAKERS.

Saturday

11AM - 12PM YOGA WITH MELISSA 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: VOCAL WORKSHOP



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

All links here!



Linktree

