




**CLOSED**  
**THUR, JAN 1<sup>ST</sup>**

MONDAY 3 Bridges-1128 Hornby	TUESDAY Robert & Lily Lee	WEDNESDAY Robert & Lily Lee	THURSDAY 3 Bridges	FRIDAY Robert & Lily Lee	SATURDAY Robert & Lily Lee
12:00-2:00PM 3 Bridges- Rm 215 <b>BUILDING BACK</b>		12:00-2:00PM RLL- 3rd Floor <b>NAVIGATOR DROP-IN</b>		5:00-7:00PM RLL- Rm 223 <b>HAPPIER HOUR</b>	 11:00AM-12:00PM RLL- Rm 223 <b>YOGA WITH MELISSA</b> ★
2:30-4:00PM 3 Bridges - Rm 215 <b>ART EXPRESSIONS</b> ★	4:30-5:30PM RLL- Rm 223 <b>ZEN OUT+</b> ★	 1:30-3:00PM 312 Main St. <b>SMUDGE &amp; FEATHER</b> ★	12:00-4:00PM 3 Bridges - Rm 215 <b>BUILDING BACK</b>	<b>Jan 2<sup>nd</sup></b> Dance Dance Resolution  <b>Jan 9<sup>th</sup></b> Junction Jeopardy  <b>Jan 16<sup>th</sup></b> Movie Night  <b>Jan 23<sup>rd</sup></b> Open Mic- Redux  <b>Jan 30<sup>th</sup></b> Games Night	2:00-4:00PM RLL- Rm 223 <b>MUSIC MAKERS</b>
4:30- 5:30PM 3 Bridges - Rm 215 <b>ALL-PATHWAYS</b> ★	6:00-7:00PM RLL- Rm 223 <b>ALL-PATHWAYS</b> ★		4:30-5:30PM 3 Bridges- Rm 215 <b>2SLGBTQIA+ ALL-PATHWAYS</b> ★		5:00-6:00PM RLL- Rm 223 <b>ALL-PATHWAYS</b> ★

★ **ONLINE ALL-PATHWAYS MEETINGS**

6:00PM-7:00PM | MON/ TUES/ WED/ THURS/ SAT

Meeting ID: 244 730 7088

Passcode: 280265

[vancouvercoastalhealth.zoom.us/j/2447307088](https://vancouvercoastalhealth.zoom.us/j/2447307088)



Zoom

Need credits for the  
CORE? Look for this  
star!



[junctionbc.ca/vancouver](https://junctionbc.ca/vancouver)  
 604-812-3139 10AM-5PM  
[vancouverjunction@vch.ca](mailto:vancouverjunction@vch.ca)  
 1669 East Broadway  
 1128 Hornby Street  
 312 Main St.

Scan me for  
more resources!



## What is the Junction?

**A place to share, belong and heal. We support people wherever they are on their recovery journey.**

The Junction is a new type of Recovery Community Centre that helps participants build recovery capital, which is the total of their personal, social and community resources.

**Our community consists of people 19+ who self-identify as maintaining or seeking recovery or wellness from substance use.**

The Junction is here to support people who are:

- Starting to think about recovery from substances (drugs and/or alcohol)
- Wanting to start substance use recovery and are in need of connection to recovery services
- Waiting for a withdrawal management bed, currently in treatment or transitioning between services
- Dealing with a recent return to use and are wanting support
- Family, friends, or partners of someone who uses substances
- Stable in their recovery and looking for a fun, safe place to continue their recovery journey

## Group Descriptions

**All-Pathways** -Junction's flagship inclusive mutual support groups for anyone who is in recovery from substance use and/or is seeking or maintaining a wellness and recovery lifestyle. The Last Tuesday of Each month is a Milestones Themed meeting- Yes, there will be cake!

**All-Pathways: 2SLGBTQ+** This flavor of All Pathways is specifically for individuals 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 they attend general All-Pathways meetings.

**All-Pathways: Good Grief** - A space for community to better understand their grief. We provide space to move from pain to healing in a non-judgmental and compassionate environment.

**Art Expressions** - A creative group that uses art and expression to support emotional growth and healing. Each week offers a new activity—no artistic skills required. Art Expressions focuses on the process, not the product.

**Building Back** - An open drop-in space designed for our community to share, belong and heal. Grab some coffee, snacks, games, and maybe even some connection! This is a great intro to our staff, peers & community.

**Happier Hour** - Junction believes that holistic recovery includes having a good time! We encourage participants to join an ever-changing variety of activities like karaoke, trivia, bowling, games, and movies!

**Music Makers** - In a 4-week rotation, participants are given the opportunity to share meaningful songs, explore the variety of musical instruments we have available, take part in a range of workshops, and collaborate on group performances. No experience required!

**Navigating Recovery** - Navigating Recovery, a 4-session psycho-educational group where we discuss various terms, definitions, wellness, and recovery pathways to those seeking to understand more about what options are available to choose from.

**Navigating Within** - A continuation of Navigating Recovery, participants are offered the opportunity to discover their own voice by delving into their mind and finding directions to navigate their journey.

**Navigator Drop-in** - Come and meet individually with one of our Recovery Navigators to discuss wellness and recovery goals and/or to connect with services in your community.

**Smudge & Feather** - Join us at 312 Main St for a Smudge and feather passing while we discuss recovery & spirituality from an Indigenous perspective.

**Yoga** - A body & mind practice that combines movement, meditation, and breathing. Our instructors lead sessions from a trauma-informed and accessibility mindset. Leave your mat at home, we've got all the gear!

**Zen Out+** - A safe space to practice a variety of mindfulness techniques, such as guided meditation, journaling, sound baths, and breathing exercises.