

MAR 2026

📍 102-32463 Simon Ave, Abbotsford BC

☎ 604-851-3754 | 12pm-4pm

🌐 JunctionBC.ca/Abbotsford

✉ JunctionAbbotsford@fraserhealth.ca



A place to **share, belong, and heal.**

TUESDAY

3PM - 4PM

ART EXPRESSION

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

Junction Office



4PM - 6PM

BUILDING BACK COFFEE & CHAT

Drop-in for coffee, chats, and games!

Junction Office



INTAKE DROP-IN

DAY, EVENING, WEEKEND PROGRAM
EVERY MON | 12PM - 3PM

Interested in group-based support through a community-based substance use program? Drop-in to sign up.

WEDNESDAY

12PM - 2PM

BUILDING BACK COFFEE & CHAT

Drop-in for coffee, chats, and games!

Junction Office

2PM - 3:30PM

TRAIL WALK

Meet us at the Junction office to explore a new trail each week in Abbotsford.

Weather permitting.

Junction Office

★ **4PM - 5PM**
SMART RECOVERY



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

online

THURSDAY

★ **10:30AM - 11:30AM**
SMART RECOVERY

ASAA Hall: 2631 Cyril St

★ **12:15PM - 1:30PM**
GENTLE MOVEMENT

A space for movement and relaxation exercises to support wellness and recovery.

ASAA Hall: 2631 Cyril St



4PM-6PM
BUILDING BACK COFFEE & CHAT

Drop-in for coffee, chats, and games!

Junction Office



Call, email, or drop-in to sign up

SCAN
HERE
FOR ALL
LINKS



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FRIDAY

12PM - 1:30PM

SMUDGE AND FEATHER

Explore recovery and wellness from an Indigenous perspective.



Junction Office

2:30PM - 3:30PM

ALL PATHWAYS

A mutual recovery support meeting to share stories and build connection.

ASAA Hall: 2631 Cyril St

4PM - 5:30PM

AMPLIFY

ASAA Hall: 2631 Cyril St

Mar 6: Pass the Aux

Mar 20: Open Mic

Mar 13: Rhyme & Flow

Mar 27: Soft Jam

SATURDAY

12:30PM - 3:30PM

HAPPIER HOUR

ASAA Hall: 2631 Cyril St

07 Appies & Virtual
MAR Escape Room

21 Grilled Cheese,
MAR Tomato Soup &
Movie

14 Chicken
MAR Fettuccini &
Candle Making

28 Brunch &
MAR Designing T-Shirts

5PM - 6PM

ALL PATHWAYS

online



Monday to Saturday

12PM - 4PM

Please note, on Saturdays we will be at ASAA Hall, 2631 Cyril St

DID YOU KNOW?

Coping Strategies WORKSHOP

Join us for an interactive session on **Coping Strategies: Moving Through Discomfort**

When?

March 12, 2026
6pm-7pm

Where?

Virtual! Join using the online group link below. No registration required.

QUESTIONS ABOUT INCOME ASSISTANCE OR BENEFITS?

Meet with a MSDPR Community Integration Specialist at the **Junction office.**

No appointment needed.

Every Thursday
1PM - 3PM

Online All Pathways + SMART Recovery

All Pathways: Sat | 5PM - 6PM

Smart Recovery: Wed | 4PM - 5PM

Meeting ID: 221 658 615 886 9

Passcode: ey3wt9yx

