

TUESDAYS

INTRO-SPECTIONS OPEN GROUP

9 am - 11 am

Support group for those affected by the substance use of loved ones

ONE TO ONE MEETINGS

12 pm - 1 pm

Confidential sessions with recovery staff
(Appointment required)

BUILDING BACK COFFEE & CHAT

1 pm - 2 pm

In recovery? Curious about recovery?
Stop by for a coffee and chat

TUNE INTO RECOVERY

2pm - 4pm

Musical Jam session for all skill levels
(Keyboard, guitars, etc.)

ST. PATRICKS DAY BASH

MARCH 17TH 1 PM TO 4 PM

Join us at the The Hope Junction for some Irish Stew, games, music and more!

WEDNESDAYS

ONE TO ONE MEETINGS

10:30 am-12:30 pm

Confidential sessions with recovery staff
(Appointment required)

ALL PATHWAYS OPEN MEETING

IN PERSON AT THE HOPE JUNCTION

1 pm - 2 pm

Recovery support group

CRAFTY CORNER

2pm-4pm

Various art/craft projects for all skill levels in a recovery-focused environment

PEER TRIP TO STS'AILES

MARCH 18TH 10 AM TO 3 PM

Transportation and lunch provided. Must sign up for registration by Mar 12th. Ask staff for details.

THURSDAYS

MORNING MINDFUL-BLISS
9 am - 10am
Learn and practice mindful meditation skills
(registration required)

ONE TO ONE MEETINGS
10 am - 11 am
Confidential sessions with recovery staff
(Appointment required)

INTRO TO NAVIGATING RECOVERY
12 pm-1 pm
Introduction & sign up for our 4 part
Navigating Recovery series

ALL PATHWAYS OPEN MEETING
IN PERSON AT THE HOPE JUNCTION
10:30 am-11:30 am
Recovery support group

HAPPIER HOUR
2pm-4pm
Socialize with weekly themes and do recovery together
(Games, music, etc.)

FRIDAYS

THE HOPE JUNCTION
AT SPUZZUM FIRST NATION

CRAFTY CORNER
11am-1pm
Bringing the Hope Junction services to the Fraser
Canyon

THE HOPE JUNCTION
AT BOSTON BAR CANYON LANES

CRAFTY CORNER
2pm-4pm
Bringing the Hope Junction services to the Fraser
Canyon

ONLINE ALL PATHWAYS OPEN MEETING

5 PM TO 6 PM SATURDAYS
HOSTED BY ABBOTSFORD JUNCTION ON MICROSOFT TEAMS
(No account required) Meeting ID: 221 658 615 886 9
Password: ey3wt9yx



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