

# FEB 2026

 Networks Ministries,  
10500 13St, Dawson Creek, BC

## WEDNESDAY

**1:00 - 2:00PM**

### MEDITATION AND PRAYER

Meditation and prayer to support spiritual balance and healing



**2:30 - 4:00PM**

### MINDFUL YOGA

Stretch, breathe, and relax in our beginner-friendly yoga class. Learn simple poses, and find calm through gentle movements.



**4:00 - 5:30PM**

### BUILDING BACK COFFEE & CHAT

Come join us for Coffee, Snacks & Connection. A great introduction to our Staff, Peers and Community.



**(250)-806-1900**



**JunctionBC.ca/Northeast**



**Junction.NE@northwindwc.ca**



**Follow us on Facebook at: The Junction NorthEast**



**COMMUNITY  
CENTRE  
NORTHEAST**

## THURSDAY

**1:00 - 2:00PM**

### MEDITATION AND PRAYER

Meditation and prayer to support spiritual balance and healing



**2:00 - 3:30PM**

### BUILDING BACK COFFEE & CHAT

Drop-in for coffee, chats, and games!

**3:30 - 5:30PM**

### ARTS & CRAFTS

Unwind and create in our drop-in Art Class. Use the space to relax, paint, or finish your own craft project. A calming, creative session - perfect for all skill levels.



## FRIDAY

**10:00 - 11:00AM**

### SMART RECOVERY

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



**1:00 - 4:00PM**

### EQUINE THERAPY

Help Improve your emotional, physical and psychological well-being by spending time and learning about horses  
**(6 session program)**



**4:30 - 5:30PM**

### ALL PATHWAYS MEETING

A mutual support meeting from all walks of recovery. Share stories, explore different perspectives, and build connections through open and real conversations real connection

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## Saturday

**10:00AM - NOON**

**POSITIVE PARENTING**

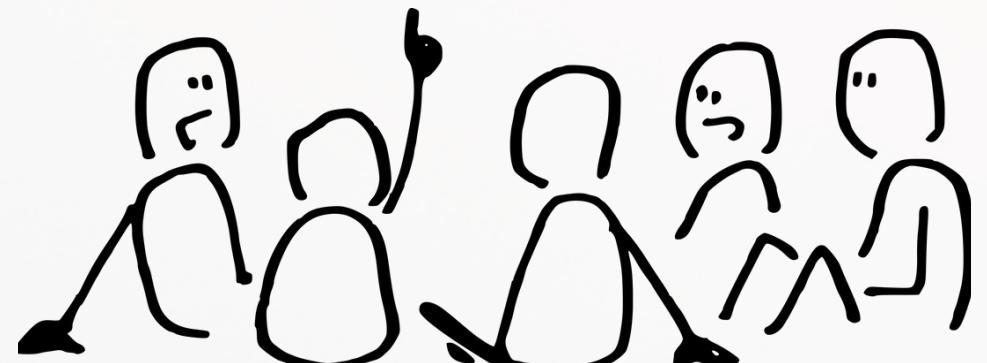


Sign up for the Seeds of Wisdom program, where you can learn new parenting and communication skills (**6 Week Program**)

**1:00 - 2:00PM**

**ALL PATHWAYS MEETING**

A mutual support meeting from all walks of recovery. Share stories, explore different perspectives, and build connections through open and real conversations real connection



## Sunday

**10:00AM - NOON**

**INDIGENOUS CULTURAL SUPPORT**

Connect, Learn and Heal. Experience traditional Pipe, Blanket and Burning Ceremonies in a safe and respectful space

**1:00 - 4:00PM**

**SWEAT CEREMONY**

A time for healing, prayer and connection. Experience this sacred tradition in a welcoming, respectful place.

**4:00 - 5:00PM**

**COMMUNITY POTLUCK**

Stay after the Sweat Ceremony for a community potluck. Good food, Good Company and Good Spirits

