



MARCH 2026

RLL Robert & Lily Lee - 1669 E Broadway
3B 3 Bridges - 1128 Hornby St.
312 312 Main St.



MONDAY 3 Bridges	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 BUILDING BACK		12:00-2:00PM RLL- 3rd Floor NAVIGATOR DROP-IN	12:00-2:00PM 3 Bridges - Rm 215 BUILDING BACK	March 6th ★ 2:00-3:30PM RLL- Rm 223 AUNTIE'S KITCHEN TABLE	11:00AM-12:00PM RLL- Rm 223 YOGA WITH MELISSA ★
2:30-4:00PM ★ 3 Bridges - Rm 215 ART EXPRESSIONS	4:30-5:30PM ★ RLL- Rm 223 MINDFUL MUSINGS	 ★ 1:30-3:00PM 312 Main St. SMUDGE & FEATHER	4:30-5:30PM ★ 3 Bridges- Rm 215 2SLGBTQIA+ ALL-PATHWAYS	5:00-7:00PM RLL- Rm 223 HAPPIER HOUR	March 28th ★ 12:30PM-2:00PM RLL- Rm 224 NUTRITION & RECOVERY
4:30- 5:30PM ★ 3 Bridges - Rm 215 ALL-PATHWAYS	6:00-7:00PM ★ RLL- Rm 223 ALL-PATHWAYS	6:00-7:30PM ★ RLL-RM 226 NAVIGATING WITHIN		6 Mar Bored? Games!	12:30-1:30PM ★ RLL- RM 226 SMART RECOVERY®
				13 Mar Spring Break Dance	2:00-4:00PM RLL- Rm 223 MUSIC MAKERS
				20 Mar Movie Night: Hoppers	5:00-6:00PM ★ RLL- Rm 223 ALL-PATHWAYS
				27 Mar Open Mic: Inspirational Women Artists	

★ **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



Zoom

Need credits for the CORE? Look for this star!



 junctionbc.ca/vancouver

 604-812-3139 M-F 10AM-5PM

 vancouverjunction@vch.ca

 1669 East Broadway

 1128 Hornby Street

 312 Main St.

Scan for current calendars and more!



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 group 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.

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.

Auntie's Kitchen Table - Find your voice at Auntie's Kitchen Table! Let's smudge, share, snack, and celebrate our healing journey together! This group is for female-identified, two-sprited, and non-binary folks to gather with our indigenous staff to share in connective wellness.

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!

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!

Mindful Musings - Join us for a variety of mindfulness techniques, including guided meditation, ambient sound baths, breathwork, poetry, and journal writing.

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 Within - A limited space group and 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. To register, contact Rory at rory.mills@vch.ca, or 236-688-7517.

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

Nutrition & Recovery - Join CORE Alumni and Registered Dietitian Nicole Fetterly for a workshop on how food, nutrition and eating fits into recovery and wellbeing.

SMART Recovery® - (Facilitated by the VCH SMART Program) Self-Management and Recovery Training is a transformative method of reframing substances and behaviors which no longer align with your values towards unconditional positive self-regard and willingness to change.

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!