

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 - 2pm

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.)

DEW PROGRAM

DATE AND TIME TBA

The DEW Program is visiting Hope Junction. Ask staff for details.

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

DATE AND TIME TBA

Transportation and lunch provided. Must sign up, ask staff for details.

Closed:

APRIL 3rd - Good Friday
APRIL 6th - Easter Monday
APRIL 7th - Closed

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

1 pm - 2 pm

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



604-869-6338
604-869-1292



895 3RD AVE
UNIT C (STREET LEVEL)
HOPE, BC



hopejunction@cedarstrong.org