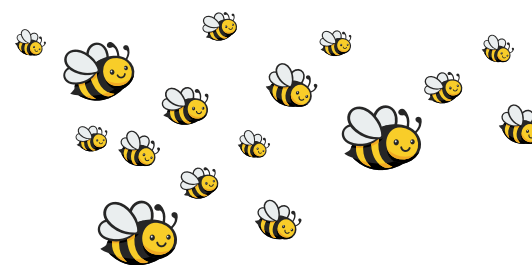




APRIL 2026

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



WE ARE CLOSED
FRI APR 3RD
&
MON APR 6TH

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	17 th April 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		1,8, 22, 29 April 1:30-3:00PM 312 Main St. SMUDGE & FEATHER		5:00-7:00PM RLL- Rm 223 HAPPIER HOUR 10 April Name That Tune!	12:30-1:30PM RLL- RM 226 SMART RECOVERY®
4:30- 5:30PM 3 Bridges - Rm 215 ALL-PATHWAYS	4:30-5:30PM RLL- Rm 223 MINDFUL MUSINGS	15 April 312 Main St. 1:00-4:00 PM Land-Based Recovery	4:30-5:30PM 3 Bridges- Rm 215 2SLGBTQIA+ ALL-PATHWAYS	17 April Movie Night: <i>Smoke Signals</i>	2:00-4:00PM RLL- Rm 223 MUSIC MAKERS
	6:00-7:00PM RLL- Rm 223 ALL-PATHWAYS	8 April 6:00-7:30 PM RLL-Rm 223 YOGA SELF-CARE CIRCLE		24 April Open Mic: <i>Words That Move You!</i>	5:00-6:00PM RLL- Rm 223 ALL-PATHWAYS

★ 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!

Land-Based Recovery - A special edition for Smudge & Feather : we will be taking a trip to VanDusen Gardens! Please join us for an afternoon of smudging and frolicking in nature! More details to be announced.

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!

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.

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 Self-Care Circle - Slow down and learn how to reclaim your authentic power through an awareness-enhancing session with Melissa. Through gentle guidance, you'll explore journal prompts, breathwork, yoga postures, and meditation, designed to support a deeper connection with yourself.

Yoga with Melissa - 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!