

## TUESDAYS

**INTRO-SPECTIONS OPEN GROUP**  
9 am - 10 am  
Support group for those affected by the substance use of loved ones

**HEALING HANDS**  
10 am to 11 am  
Indigenous Cultural Engagement Peer

**PARTICIPATION**  
11 am to 12 pm  
Every Tues in June, activity encouragement. Ask staff for details!

**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.)

## 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

**CLOSED:**  
June 2<sup>nd</sup> Closes at 1 pm  
June 17<sup>th</sup> Closed all day

## 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 3<sup>RD</sup> AVE  
UNIT C (STREET LEVEL)  
HOPE, BC



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