

# JULY 2026

📍 102-32463 Simon Ave, Abbotsford BC



604.851.3754



JunctionBC.ca/Abbotsford



JunctionAbbotsford@fraserhealth.ca



A place to **share, belong, and heal.**

Heads Up!  
We are closed on  
July 1

## TUESDAY

## WEDNESDAY

## THURSDAY

**12PM - 1:30PM**

**BUILDING BACK**

Drop-in for coffee, chats, and games!

Junction Office

**2:30PM - 4PM**

**ART EXPRESSION**



Join us for therapeutic art, guided journaling, poetic reflection, and creative vibes.

Junction Office

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

**AMPLIFY**



A welcoming space to learn, jam, and make music together. No experience needed.

Junction Office

**12PM - 1:30PM**

**BUILDING BACK**

Drop-in for coffee, chats, and games! Also stop by to meet with a **Recovery Navigator**.

Junction Office

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

**THE MIND TOOLKIT**



A supportive learning space focused on building mental health skills.

Junction Office

**4PM - 5PM**

**SMART RECOVERY**

online

Register by calling DEW Intake (604.585.5610) or attending intake drop-in.



**10:30AM - 11:30AM**

**SMART RECOVERY**

In-person

Register by calling DEW Intake (604.585.5610) or attending intake drop-in.



**12:15PM - 1:30PM**

**GENTLE MOVEMENT**

ASAA Hall: 2631 Cyril St



**1PM-3PM**

**BUILDING BACK**

Junction Office

Drop-in for coffee, chats, and games!

Stop by to meet with a **MSDPR Community Integration Specialist**. Ask questions about income or disability assistance, housing support, and more!

**5PM-6PM**

**ALL PATHWAYS**

Junction Office

🌟  
Call, email, or drop-in to sign up

SCAN HERE FOR ALL LINKS  
↓

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**JUNCTION** COMMUNITY CENTRE ABBOTSFORD

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## FRIDAY

**12PM - 1:30PM**

Junction Office

### SMUDGE AND FEATHER

Explore recovery and wellness from an Indigenous perspective.

 **3PM - 5:30PM**  
**HAPPIER HOUR**

2631 Cyril St

**03** Build-Your-Own-Sub & Movie Trivia

**10** Chicken Wraps & Bingo



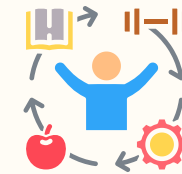
**17** Potato Bar & Decorating Plant Pots  
**Plants included!**

**24** Salad Bowls & Lego

**31** BBQ & Bingo

## SATURDAY

**12:30PM - 2PM**



### THE HABIT HUB

Join to explore a new life skill each week. Whether it's cooking, budgeting, or ways to build a healthy routine.

Junction Office

 **3PM - 4:30PM**  
**TRAIL WALK**

Meet at 2308 Adanac Street for a walk around Mill Lake Park. **Weather permitting. Sign-up with staff.**

2308 Adanac St

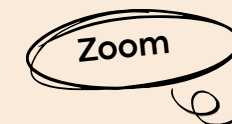
## Online All-Pathways Meetings

Meeting ID: 244 730 7088

6:00pm-7:00pm

Passcode: 280265

Mon / Tues / Wed / Thurs / Sat



## DID YOU KNOW?

### Game Day

Come watch a World Cup soccer game with community!

**When?**

July 2, 2026, 1pm

**Where?**

Junction Main Office

### Recovery Navigation

Meet with a Recovery Navigator at the Junction office.

**Sign-up for a 30-minute slot!**

**When**

Wednesdays  
12pm - 1:30pm