

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 11:30 am
Indigenous Cultural Engagement Peer

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:
July 1st : Closed

THURSDAYS

MORNING MINDFUL-BLISS

8:30 am - 9:30 am

Learn and practice mindful meditation skills
(Registration required)

ONE TO ONE MEETINGS

9:30 am - 10:30 am

Confidential sessions with recovery staff
(Appointment required)

NAVIGATING RECOVERY

10:30 am - 11 am

4 part Navigating Recovery series
(Registration required)

SMART RECOVERY MEETING

11:30 am - 12:30 pm

Science-based recovery support

ALL PATHWAYS OPEN MEETING

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 MEETING

6 PM TO 7 PM

HOSTED BY ABBOTSFORD JUNCTION ON ZOOM
Mon/Tues/Weds/Thurs/Sat
Meeting ID: 244 730 7088
Passcode: 280265



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