

AUGUST 2026

 102-32463 Simon Ave, Abbotsford BC



604.851.3754



JunctionBC.ca/Abbotsford



JunctionAbbotsford@fraserhealth.ca

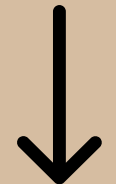


A place to **share, belong, and heal.**

Heads Up!
We are closed on
August 3, 4

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW 10:30AM - 11:00AM POWER UP online	12PM - 1:30PM BUILDING BACK Junction Office	10:30AM - 11:30AM SMART RECOVERY In-person	10:30AM - 11:00AM POWER UP online	12PM - 1PM THE HABIT HUB Junction Office
12PM - 1:30PM BUILDING BACK Junction Office	2:30PM - 3:30PM THE MIND TOOLKIT Junction Office	12PM - 1PM GENTLE MOVEMENT ASAA Hall: 2631 Cyril St	12PM - 1:30PM SMUDGE AND FEATHER 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
2:30PM - 4PM ART EXPRESSION Junction Office	 4PM - 5PM SMART RECOVERY Register by calling DEW Intake (604.585.5610) or attending intake drop-in. online	1:30PM-3PM BUILDING BACK Junction Office	 3PM - 5PM HAPPIER HOUR 2631 Cyril St 07 All-Things-Pasta Day! 14 Wrestling Viewing & Wings 21 Scavenger Hunt & Build-Your-Own-Bowls 28 End of Summer BBQ	
NEW 4:30PM - 5:30PM THE ZEN DEN Junction Office		5PM-6PM ALL PATHWAYS Junction Office		


Call, email, or drop-in to sign up

SCAN HERE FOR ALL LINKS



Abbotsford Junction is a space for 19+ adults seeking wellness or recovery from substance use.

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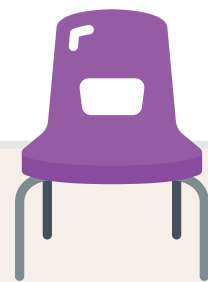
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DID YOU KNOW?



Purple Chair Campaign

August 11
2pm-4pm

All materials are provided.
Come paint and decorate
purple chairs to remember
those we have lost to the
toxic drug crisis, as part of
International Overdose
Awareness Day.

Recovery Navigation



Meet with a Recovery
Navigator at the
Junction office.

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

When

Wednesdays
12pm - 1:30pm

GROUP DESCRIPTIONS

- **All-Pathways:** Mutual support group for anyone who is in recovery from substance use and/or is seeking or maintaining a wellness and recovery lifestyle.
- **Art Expression:** Sessions offering creative authentic, person-centered opportunities for self-expression. No experience or artistic skill is needed!
- **Building Back Coffee & Chat:** Are you in recovery? Curious about recovery? Come hang out at this drop-in group led by people with lived and living experience and staff.
- **Habit Hub:** Habit Hub helps you build good habits based on your values using three main steps: goal, agency, & plan.
- **Happier Hour:** It is a safe, supportive space to kick off your weekend with food & activities like karaoke, trivia, movies, and games. Connect, unwind, and try something new each week.
- **Mind Toolkit:** Develop practical skills to process emotions, calm your system, and navigate life's challenges.
- **Power Up:** Kick off your morning with quick habit-building strategies. Set your schedule, build momentum, and level up your day.
- **SMART Recovery:** It is an evidence-based, self-empowerment recovery program that uses cognitive-behavioral techniques to help individuals overcome substance and behavioral addictions.
- **Smudge & Feather:** Facilitated by our Indigenous peers, come explore recovery and wellness through culture and spirituality.
- **Trail Walk:** Escape the noise and step into nature. Join us for a gentle outdoor walk for a refreshing, mindful reset.
- **Gentle Movement:** Guided by a recreational therapist, this gentle yoga and movement session uses mindful stretching to ease tension and reconnect your mind and body at your own pace.
- **The Zen Den:** A calm, quiet group space to practice silent meditation and focus on breathing.

Online All-Pathways Meetings

Meeting ID: 244 730 7088

Passcode: 280265

Mon / Tues / Wed / Thurs / Sat

6:00pm-7:00pm



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