

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

PANCAKE BREAKFAST AT SPUZZUM FIRST NATION

AUG 14TH

11 am - 1 pm

CLOSED:

Aug 4 : Closed

Aug 5 : Closed

Aug 26 : Closed

THURSDAYS

NAVIGATING RECOVERY
8:30 am - 9:00 am
4 part Navigating Recovery series
(Registration required)

ONE TO ONE MEETINGS
9:00 am - 10:30 am
Confidential sessions with recovery staff
(Appointment required)

MORNING MINDFUL-BLISS
10:30 am - 11:00 am
Learn and practice mindful meditation skills
(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



604-869-6338
604-869-1292



895 3RD AVE
UNIT C (STREET LEVEL)
HOPE, BC



hopejunction@cedarstrong.org