

SEPT 2026

 102-32463 Simon Ave, Abbotsford BC

 604.851.3754
 JunctionBC.ca/Abbotsford
 JunctionAbbotsford@fraserhealth.ca

JUNCTION COMMUNITY CENTRE ABBOTSFORD

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



Heads Up!
We are closed on
September 8, 30

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 HABIT HUB Junction Office
12PM - 1:30PM BUILDING BACK Junction Office *Ending at 1pm on Sept 15*	 NEW UPDATE 2PM - 3PM 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 the Junction Office for a walk around Abbotsford. Weather permitting. Junction Office
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 04 Brain Teasers & Nachos 11 Pictionary & BLT Sandwich's 18 Jenga, Snack Pong, & Skewers 25 Movie Night & Appetizers	Habit Hub and Trail Walk are cancelled on Sept 12. Come join us at the Fraser Valley Recovery Day!
 NEW UPDATE 5PM - 6PM 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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DID YOU KNOW?

Fraser Valley Recovery Day

September 12, 11am-3pm
Mill Lake Park

This free event brings together people in recovery, their loved ones, and the wider community to reduce stigma.

Come say hello at the Abby Junction booth!

Orange Shirt Day



Come pause and reflect with the community in preparation for Truth and Reconciliation Day.

When

Tuesday, Sept 29
2:30pm-4pm



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 group space to practice quiet 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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