

October 2026

102-32463 Simon Ave, Abbotsford BC



Heads Up!
We are closed on
October 13

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12PM - 1:30PM BUILDING BACK Junction Office	12PM - 1:30PM BUILDING BACK Junction Office	10:30AM - 11:30AM SMART RECOVERY Call DEW to register 604.585.5610	12PM - 1:30PM SMUDGE AND FEATHER Junction Office	NEW 12PM - 1PM LIFE SKILLS HUB Junction Office
NEW 1:30PM - 2PM THE WRITING NOOK Junction Office	3PM - 4PM MIND TOOLKIT Junction Office	NEW 1:30PM - 3PM ART EXPRESSION Junction Office	3PM - 5PM HAPPIER HOUR 2631 Cyril St	03 Baking 10 Routine and habit building 17 Cooking 24 Budgeting 31 Physical activity
		4PM-5:15PM ALL PATHWAYS Junction Office	02 Apple Picking & Pizza 09 Halloween Drawing Challenge & Chicken Dinner 16 Scary Movies & Appies 23 Halloween Trivia & Nachos 30 Pumpkin Carving & Build Your Own Sub	
	Online All-Pathways Meetings Meeting ID: 244 730 7088 Passcode: 280265 6:00pm-7:00pm Mon / Tues / Wed / Thurs / Sat			NEW 2PM - 3PM STITCH N' BITCH Junction Office

**SCAN
HERE
FOR ALL
LINKS**



NAVIGATION DROP-IN

Curious about recovery?
Have questions about next steps?

Come and meet with one of our Recovery Navigators to discuss wellness, recovery goals, and/or connect with services in your community.

Every Wednesday 12pm to 1:30pm

Abbotsford Junction Community
Suggestion Box



WHAT IS THE JUNCTION?

A place to share, belong, and heal.

The Junction is a Recovery Community Centre that helps participants build recovery, inclusive of their personal, social, and community resources. Our community consists of people 19+ who self-identify as maintaining or seeking recovery or wellness from substance use.

The Junction is here to support people who are:

- Starting to think about recovery from substances (drugs and/or alcohol)
- Stable in their recovery and looking for a fun, safe place to continue their journey.
- Dealing with a recent return to use and are wanting support.
- Wanting to start substance use recovery and are looking to connect with recovery services.
- Waiting for a withdrawal management bed, currently in treatment, or transitioning between services.

GROUP DESCRIPTIONS

All Pathways: Peer-led support group for anyone seeking or maintaining a wellness and recovery lifestyle.

Art Expression: A creative group that uses art to support emotional growth and healing. No artistic skill needed!

Building Back Coffee & Chat: Are you in recovery? Curious about recovery? Come hang out at this drop-in group led by peers and staff.

Life Skills Hub: Supporting personal growth through practical life skills, such as baking, cooking, or finances.

Happier Hour: Come 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.

SMART Recovery: A recovery program that uses cognitive-behavioral techniques to help individuals work toward their recovery goals.

Smudge & Feather: Come explore recovery and wellness through Indigenous culture and spirituality.

The Writing Nook: A calm and creative space to practice creative writing techniques.

Stitch n' Bitch: No experience required, come learn how to crochet and embroider!