# NOVEMBER 2026

**5213 Hospital Road,**
**Pouce Coupe, BC**
**V0C 2C0**

We are open

**TUESDAY - FRIDAY**

11:00 AM - 4:30 PM

JUNCTION COMMUNITY CENTRE NORTHEAST

## Tuesday

### 12:00 - 1:00 PM
**ALL PATHWAYS MEETING RELATIONSHIPS**

A mutual support meeting from all walks of recovery. Share stories, explore different perspectives, and build connections through open, real and honest conversations

### 1:30 - 3:30 PM
**BUILDING BACK COFFEE & CHAT**

Come join us for Coffee, Snacks & Connection.
A great introduction to our Staff,
Peers and Community

**Northeast Junction is closed on all statutory & regional holidays**

## WEDNESDAY

### 12:00 - 1:00 PM
**ALL PATHWAYS MEETING**

A mutual support meeting from all walks of recovery. Share stories, explore different perspectives, and build connections through open, real and honest conversations

### 1:30 - 2:00 PM
**MEDITATION & PRAYER**

Meditation and prayer to support spiritual balance and healing

### 2:30 - 3:30 PM
**KINHIYAWÂN**
**DO YOU SPEAK CREE?**




Come and learn beginner Cree words with our in-house Elder and rediscover one of Canada's original languages

### 2:30 - 4:30 PM
**MINDFUL YOGA**

Stretch, breathe, and relax in our beginner-friendly yoga class. Learn simple poses, and find calm through gentle movements

## THURSDAY

### 11:00 AM - 1:00 PM
**WELLBRIETY**

Come join us for Wellbriety, Connection & Community. A welcoming space to share, learn, and connect on the journey of recovery.

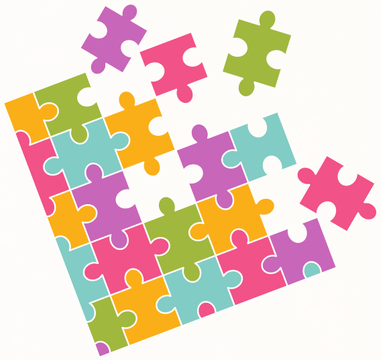
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Subject to change
Only Available through Registration

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

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5213 Hospital Road,
Pouce Coupe, BC
V0C 2C0

(250)-806-1900

JunctionBC.ca/Northeast

Junction.NE@northwindwc.ca

The Junction NorthEast


JUNCTION COMMUNITY CENTRE NORTHEAST

## Friday

### 9:00 AM - 1:00 PM



**EQUINE THERAPY**

Help improve your emotional, physical and psychological well-being by learning about and spending time with horses

**6-Session Program**

### 12:00 - 1:00 PM

**ALL PATHWAYS MEETING**

A mutual support meeting from all walks of recovery. Share stories, explore different perspectives, and build connections through open, real and honest conversations

### 1:30 - 3:30 PM

**BUILDING BACK COFFEE & CHAT**

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## Saturday

### 10:00 AM - NOON



**POSITIVE PARENTING**

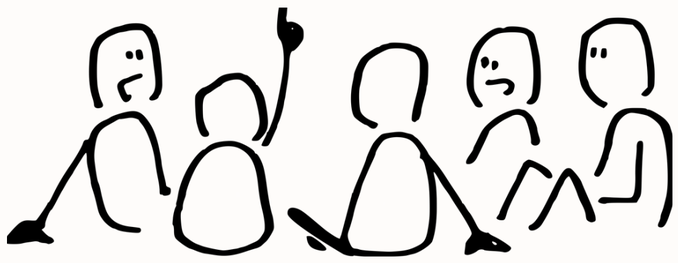
Sign up for the Seeds of Wisdom program, where you can learn new parenting and communication skills

**6-Session Program**

### 1:00 - 2:00 PM

**ALL PATHWAYS MEETING**

A mutual support meeting from all walks of recovery. Share stories, explore different perspectives, and build connections through open, real and honest conversations



## Sunday

### 10:00 AM - NOON

**INDIGENOUS CULTURAL SUPPORT**

Connect, Learn and Heal. Experience traditional Pipe, Blanket and Burning Bundle Ceremonies in a safe and respectful space

### 1:00 - 4:00 PM



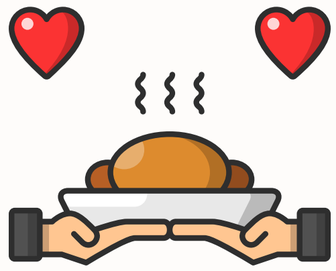
**SWEAT CEREMONY**

A time for healing, prayer and connection. Experience this sacred tradition in a welcoming, respectful place

### 4:00 - 6:00 PM

**COMMUNITY POTLUCK**

Stay after the Sweat Ceremony for good food, good company and good spirits



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