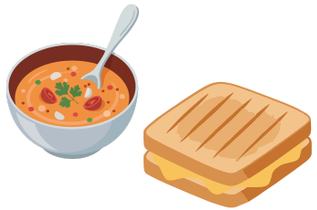
JUNCTION COMMUNITY CENTRE VANCOUVER



NOVEMBER 2026

923 E HASTINGS



CLOSED WEDNESDAY NOV 11TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 9th 1:30-3:00PM **Yoga Self-Care Circle**	3:30-5:00PM **MINDFUL MUSINGS**	12:00-2:00PM **NAVIGATOR DROP-IN**		**Nov 6th & 13th** 2:00-3:30PM **AUNTIE'S KITCHEN TABLE**	11:00AM-12:00PM **YOGA WITH MELISSA**
3:00-5:00PM **Art Expressions** Nov 2nd **Guest Spotlight** Nov 09th **Partner Painting Swap** Nov 16th **Trans Remembrance** Nov 23rd **Cozy Spaces** Nov 30th **Planet Swap**		2:00-3:30PM **SMUDGE & FEATHER**		5:00-7:00PM **HAPPIER HOUR** Nov 6th **Bored? Games!** Nov 13th **PJ Movie Night:** ***Anaconda*** Nov 20th **Open Mic: Stayin' Alive** Nov 27th **Junction Jeopardy!**	12:30-1:30PM **SMART RECOVERY®**
	6:00-7:00PM **ALL-PATHWAYS**		6:00-7:00PM **ALL-PATHWAYS**		2:00-4:00PM **MUSIC MAKERS**
6:00- 7:00PM **2SLGBTQIA+ ALL-PATHWAYS**		5:30-7:00 PM **NAVIGATING WITHIN**			6:00-7:00PM **ALL-PATHWAYS**

Registration required (details on back)

ONLINE ALL-PATHWAYS MEETINGS

6:00PM-7:00PM | MON/ TUES/ WED/ THURS/ SAT

Meeting ID: 244 730 7088

Passcode: 280265

vancouvercoastalhealth.zoom.us/j/2447307088

Zoom Link

Are you recovery-curious, or looking for a place to belong, share, and heal?

The Junction community is here to support you. Our lounge is open Mondays to Saturdays, 9AM - 7PM, and features a place to connect, helpful staff, and bottomless coffee!

junctionbc.ca/vancouver

604-812-3139 M-F 9AM-7PM

vancouverjunction@vch.ca

923 East Hastings St

CORE Credit

Scan for current calendars and more!

What is the Junction?

A place to share, belong and heal. We support people wherever they are on their recovery journey.

The Junction is a new type of Recovery Community Centre that helps participants build recovery capital, which is the total 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)
- Wanting to start substance use recovery and are in need of connection to recovery services
- Waiting for a withdrawal management bed, currently in treatment or transitioning between services
- Dealing with a recent return to use and are wanting support
- Family, friends, or partners of someone who uses substances
- Stable in their recovery and looking for a fun, safe place to continue their recovery journey

Online Community Suggestion Box:
We want to hear your feedback so we can continue providing services and a space that feels safe for our community to share, belong and heal in. Scan the code to let us know!

Group Descriptions

All-Pathways -Junction's flagship inclusive mutual support group for anyone who is in recovery from substance use and/or is seeking or maintaining a wellness and recovery lifestyle. The Last Tuesday of Each month is a Milestones Themed meeting- Yes, there will be cake!

All-Pathways: 2SLGBTQ+ This flavor of All Pathways is specifically for individuals who self-identify as queer, trans, and/or Two-Spirit. Topics will explore the intersectional space between queerness and recovery through an all-pathways lens. We love our allies & respectfully ask they attend general All-Pathways meetings.

Art Expressions - A creative group that uses art and expression to support emotional growth and healing. Each week offers a new activity; no artistic skills required! Art Expressions focuses on the process, not the product.

Auntie's Kitchen Table - Let's smudge, share, snack, and celebrate our healing journey together! This group is for women, two-spirit, and non-binary folks to gather with our indigenous staff to find their voices and share in connective wellness.

Happier Hour - Junction believes that holistic recovery includes having a good time! We encourage participants to join an ever-changing variety of activities like karaoke, trivia, bowling, games, and movies!

Mindful Musings - A calm and creative space to find grounding in your day. Join us for a variety of mindfulness techniques, including guided meditation, ambient sound baths, breathwork, poetry, and journal writing. In this group, we focus on calming vibes, creativity, and connecting with each other.

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

Music Makers - In a 4-week rotation, participants are given the opportunity to share meaningful songs, explore the variety of musical instruments we have available, take part in a range of workshops, and collaborate on group performances. No experience required!

Week 1: **Pass the Aux Music Share**
Week 2: **Instrument Exploration**
Week 3: **Soft Jam**
Week 4: **Themed Workshop**

Navigating Within- A continuation of Navigating Recovery, participants are offered the opportunity to discover their own voice by delving into their mind and finding directions to navigate their journey.
To register, contact Yumi at yumi.wan@vch.ca, or 236-992-1477

SMART Recovery® - (Facilitated by the VCH SMART Program)
Self-Management and Recovery Training is a transformative method of reframing substances and behaviors which no longer align with your values towards unconditional positive self-regard and willingness to change.

Smudge & Feather - Join us for a Smudge and feather passing while we discuss recovery & spirituality from an Indigenous perspective.

Yoga Self-Care Circle: Melissa will offer journal prompts and guide optional group sharing alongside other yoga practices to support participants in reclaiming their authentic power and slowing down to connect with themselves more deeply.
To register: vancouverjunction@vch.ca or 604-812-3139

Yoga with Melissa - A body & mind practice that combines movement, meditation, and breathing. Our instructors lead sessions from a trauma-informed and accessibility mindset. Leave your mat at home, we've got all the gear!