



JANUARY 2025 @THREE BRIDGES

1128 HORNBY ST.



604.812.3139



JUNCTIONBC.CA



VANCOUVERJUNCTION@VCH.CA

MONDAYS

THURSDAYS

12-2PM BUILDING BACK COFFEE & CHAT -RM 215

DROP-IN FOR COFFEE, SNACKS, GAMES & CONNECTION.
GREAT INTRO TO OUR STAFF, PEERS & COMMUNITY

★ 2:30-4PM ART EXPRESSIONS -RM 215

COME JOIN US FOR SOME PEER-LED THERAPEUTIC ART
PROJECTS. ARTISTIC SKILL IS NOT A REQUIREMENT

★ 4:30-6PM 2SLGBTQIA+ ALL PATHWAYS +YOGA -RM 215

GENERAL SHARING & MUTUAL SUPPORT MEETING INCLUSIVE OF ALL
FLAVORS OF RECOVERY. THE DISCUSSION PORTION IS THEN
FOLLOWED BY A BRIEF & RELAXING YOGA ROUTINE



12-4PM BUILDING BACK COFFEE & CHAT RM 215

DROP-IN FOR COFFEE, SNACKS, GAMES & CONNECTION. GREAT
INTRO TO OUR STAFF, PEERS & COMMUNITY.

*JOIN US JAN 30TH FOR OUR MONTHLY MILESTONES
CELEBRATION!*

★ 4:30-5:30PM 2SLGBTQIA+ ALL PATHWAYS -RM 215

GENERAL SHARING & MUTUAL SUPPORT MEETING
INCLUSIVE OF ALL FLAVORS OF RECOVERY.



= DAYTOX CREDIT AVAILABLE

★ ONLINE ALL PATHWAYS MEETINGS

6PM-7PM

MONDAY - TUESDAY - WEDNESDAY - THURSDAY - SATURDAY

CLOSED JAN 1ST

[HTTPS://VANCOUVERCOASTALHEALTH.ZOOM.US/MY/JUNCTIONALLPATHWAYS.](https://vancouvercoastalhealth.zoom.us/my/junctionallpathways)

MEETING ID: 244 730 7088

PASSCODE: 280265

Happy New Year



= DAYTOX CREDIT AVAILABLE

JANUARY 2025 @ROBERT & LILY LEE

1669 E BROADWAY



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TUESDAYS

4:30-5:30PM
REST & RESTORE YOGA
-RM 223

JOIN TJ FOR OUR NEW REST & RESTORE YOGA CLASS! NO EXPERIENCE NECESSARY, MATS & TEA & CHAIRS PROVIDED

6PM-7PM
ALL PATHWAYS MEETING -RM 223

THIS IS OUR FLAGSHIP MUTUAL SUPPORT MEETING INCLUSIVE OF ALL FLAVORS OF RECOVERY. EACH WEEK JOIN OTHERS IN DISCUSSING VARIOUS RECOVERY-RELATED TOPICS & FIND THE SUPPORT AND CONNECTION AN ALL-PATHWAYS APPROACH CAN BRING.

WEDNESDAYS

ALL IN-PERSON & ONLINE GROUPS CLOSED WEDNESDAY JAN 1ST

SMUDGE & FEATHER WILL BEGIN MID JANUARY FINALIZED DETAILS COMING SOON!

JOIN US FOR SMUDGE & FEATHER PASSING WHILE WE DISCUSS RECOVERY & SPIRITUALITY FROM AN INDIGENOUS PERSPECTIVE.

6PM-7:30PM
STARTS JAN 8TH
NAVIGATING WITHIN
RM 223-RSVP ONLY

DISCOVER YOUR MINDSET ABOUT SUBSTANCE USE
REWRITE YOUR JOURNEY OF RECOVERY FROM WITHIN
FUN, IMAGINATION, EXPLORATION

FRIDAYS

3PM-4PM
ZEN OUT (FORMERLY KNOWN AS CALM & CONNECT)
RM 223

COME LEARN & PRACTICE VARIOUS MINDFULNESS & MEDITATION TECHNIQUES. NO EXPERIENCE REQ.

HAPPIER HOUR!
5-7PM (SEE BELOW)

JAN 3RD: GAMES NIGHT!

JAN 10TH: DANCE DANCE RESOLUTION!

JAN 17TH: BOWLING AT GRANDVIEW LANES

JAN 24TH: OPEN MIC NIGHT!

JAN 31ST: MOVIE NIGHT!

SATURDAYS

11AM-12PM
YOGA FLOW -RM 223

1PM-2PM
ALL-PATHWAYS MEETING
RM 226

2:30-4:30PM
MUSIC MAKERS -RM 223
NO SKILL REQUIRED
WEEK 1: PASS THE AUX MUSIC SHARE
WEEK 2: INSTRUMENT EXPLORATION
WEEK 3: SOFT JAM
WEEK 4: WORKSHOP

5PM-6PM
ALL-PATHWAYS MEETING
RM 223

Follow us!

