



FEBRUARY 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

**CLOSED
FEB 17TH
FOR
FAMILY
DAY**

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

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



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 FEB 17TH

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

MEETING ID: 244 730 7088

PASSCODE: 280265

 = DAYTOX CREDIT AVAILABLE

FEBRUARY 2025 @ROBERT & LILY LEE 1669 E BROADWAY


JUN
CTION COMMUNITY
CENTRE
VANCOUVER

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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

  **NEW** TIME & PLACE!
SMUDGE & FEATHER
1:30PM-3PM
CULTURAL/RECOVERY ACTIVITIES
3:30-6PM
*** 312 MAIN ST -GROUND FLOOR -SOUND ROOM***

JOIN US WEEKLY AT 312 MAIN ST FOR SMUDGE & FEATHER PASSING WHILE WE DISCUSS RECOVERY & SPIRITUALITY FROM AN INDIGENOUS PERSPECTIVE.

AFTERWARDS WE WILL HOST VARIOUS CULTURAL ACTIVITIES IN THE SAME ROOM FOR THOSE WHO WOULD LIKE TO STAY & LEARN

FRIDAYS

 **3PM-4PM**
ZEN OUT
RM 223

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

HAPPIER HOUR!
5-7PM (SEE BELOW)

FEB 7TH: NAME THAT TUNE!

FEB 14TH: "DANCE YOUR HEART OUT!"

FEB 21ST: OPEN MIC NIGHT!


FEB 28TH: BOARD GAMES!

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!

