





1128 HORNBY ST.







VANCOUVERJUNCTION@VCH.CA

## **MONDAYS**

## 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

12-4PM BUILDING BACK COFFEE & CHAT RM 215

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

**THURSDAYS** 

\*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.

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DAYTOX CREDIT AVAILABLE

# ONLINE ALL PATHWAYS MEETINGS

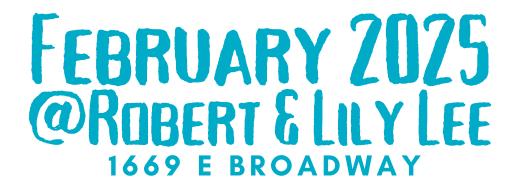
6PM-7PM

MONDAY - TUESDAY - WEDNESDAY - THURSDAY - SATURDAY

**CLOSED FEB 17TH** 

HTTPS://VANCOUVERCOASTALHEALTH.ZOOM.US/MY/JUNCTIONALLPATHWAYS. MEETING ID: 244 730 7088 **PASSCODE: 280265** 









604.812.3139





## **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

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!

