



MARCH 2025 @THREE BRIDGES

1128 HORNBY ST.

 604.812.3139

 www.JUNCTIONBC.CA

 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

 **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**

THURSDAYS

12-4PM BUILDING BACK COFFEE & CHAT RM 215

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

*JOIN US MARCH 28TH 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.

6PM-7PM

MONDAY - TUESDAY - WEDNESDAY - THURSDAY - SATURDAY

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

MEETING ID: 244 730 7088

PASSCODE: 280265



MARCH 2025 @ROBERT & LILY LEE

1669 E BROADWAY



= DAYTOX CREDIT AVAILABLE



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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

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

6PM-7:30PM
NAVIGATING RECOVERY
MEETING -RM 223

FOR THOSE NEW TO RECOVERY & WANTING TO KNOW MORE ABOUT OPTIONS & FOR EXPLORING ONE'S UNIQUE DEFINITION OF RECOVERY!

FRIDAYS

3PM-4PM
ZEN OUT
RM 223

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

HAPPIER HOUR!
5-7PM (SEE BELOW)

MAR 7TH: MOVIE NIGHT

MAR 14TH:
JUNCTION JEAPORDY!

MAR 21ST: OPEN MIC NIGHT!

MAR 28TH: STITCH & BITCH!

SATURDAYS

11AM-12PM
YOGA FLOW -RM 223

1PM-2PM
AFTERNOON 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!

