



JULY @THREE BRIDGES



604.812.3139

VANCOUVERJUNCTION@VCH.CA

MONDAYS

@THREE BRIDGES (1128 HORNBY ST)

**NO IN-PERSON GROUPS MONDAY JULY 1ST -STAT HOLIDAY
JOIN OUR ZOOM AP MEETING INSTEAD (DETAILS BELOW)**

12-2PM BUILDING BACK COFFEE & CHAT -RM 123

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

THURSDAYS

@THREE BRIDGES (1128 HORNBY ST)

**12-2PM BUILDING BACK COFFEE & CHAT
RM 123 OR 215**

JOIN US EVERY THURSDAY FOR COFFEE, SNACKS, GAMES & CONNECTION. YOU WON'T WANT TO MISS OUR MILESTONES CELEBRATION ON JULY 11TH OR HEALING DAY ON JULY 25TH

2:30-4PM SEAWALL WALK -MEET IN LOBBY

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

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

ONLINE ALL PATHWAYS MEETINGS



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



JULY @ROBERT & LILY LEE



604.812.3139



VANCOUVERJUNCTION@VCH.CA

MONDAYS

TUESDAYS

WEDNESDAYS

FRIDAYS

SATURDAYS

ALL GROUPS LISTED BELOW ARE LOCATED AT: ROBERT & LILY LEE (1669 E. BROADWAY).

NO IN-PERSON GROUPS
MONDAY JULY 1ST -
STAT HOLIDAY
JOIN OUR ZOOM AP
MEETING INSTEAD (DETAILS
ON BACK)

4:30-5:30PM (WEEKLY)
CHAIR YOGA-RM 223

JOIN TIM FOR OUR ACCESSIBLE
& TRAUMA INFORMED YOGA
CLASS! NO EXPERIENCE
NECESSARY, MATS & TEA
PROVIDED

11AM-12:30PM (WEEKLY)
SMUDGE & FEATHER
-RM 320

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

3PM-4PM
(WEEKLY)
CALM & CONNECT
-RM 320

COME LEARN & PRACTICE
VARIOUS MINDFULNESS &
MEDITATION TECHNIQUES.
NO EXPERIENCE REQUIRED!

JULY 20TH SUMMER BASH!
JOIN US! -JAPANESE HALL.
(487 ALEXANDER ST)
2PM TO 8PM
BBQ
COMEDY SHOW
TALENT SHOW & MORE!

NEW
6PM-7:30PM
JULY 8, 15, 22, 29!
ART IN MOTION
-RM 226

THIS GROUP IS FOR
FRIENDS/FAMILY/PARTNERS
OF THOSE IN RECOVERY OR WHO
USE SUBSTANCES. JOIN THIS ART
THERAPY PROGRAM AND TAKE
TIME TO PROCESS & HEAL &
SHARE IN COMMUNITY.

RSVP ONLY :)

YUMI - (236) 992-1477 OR
VANCOUVERJUNCTION@VCH.CA

6PM-7PM (WEEKLY)
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.

NEW
6-7:30PM (WEEKLY)
NAVIGATING WITHIN
-RM 223

DISCOVER YOUR MINDSET ABOUT
SUBSTANCE USE. REWRITE YOUR
JOURNEY OF RECOVERY FROM
WITHIN. FUN. IMAGINE. EXPLORE.

4 SESSIONS:

- DISCOVER STRESSORS
- DIG INTO FIXED THOUGHTS
- EXPLORE YOUR WORLDVIEW
- CREATE A NEW OUTLOOK

HAPPIER HOUR!
5-7PM (SEE BELOW)

JULY 5TH: 5PM-7PM
OUTDOOR GAMES

JULY 12TH: 3PM-7PM
PRE-PRIDE TYE DYE!

JULY 19TH: 5PM-7PM
STITCH 'N BITCH

JULY 26TH: 5PM-7PM
OPEN MIC -SIGN UP
AHEAD OR IN PERSON

11AM-12PM (JULY 6, 13, 27)
YOGA FLOW -RM 223

1PM-2PM (JULY 6, 13, 27)
ALL-PATHWAYS: STUDENTS
& YOUNG ADULTS -RM 223

2:30-4:30PM (JULY 6, 13, 27)
MUSIC MAKERS -RM 223
SHARE SONGS, JAM, NO
SKILL REQUIRED!

5PM-6PM (JULY 6, 13, 27)
ALL-PATHWAYS MEETING
-RM 223