



JUNE @THREE BRIDGES



604.812.3139

VANCOUVERJUNCTION@VCH.CA

MONDAYS

@THREE BRIDGES (1128 HORNBY ST)

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 215

JOIN US EVERY THURSDAY FOR COFFEE, SNACKS, GAMES & CONNECTION. YOU WON'T WANT TO MISS OUR MILESTONES CELEBRATION ON JUNE 13TH OR HEALING DAY ON JUNE 27TH

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

MONDAYS -WEDNESDAYS -SATURDAYS 6PM -7PM

VIRTUAL 1:1 PEER SUPPORT DROP-IN HOURS

TUESDAYS & FRIDAYS 6PM - 8PM (30 MINUTE SLOTS)

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

MEETING ID: 244 730 7088

PASSCODE: 280265

*SAME LINK IS USED FOR OUR VIRTUAL 1:1 & ALL PATHWAYS MEETINGS



JUNE @ROBERT & LILY LEE



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TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<i>ALL GROUPS LISTED BELOW ARE LOCATED AT: ROBERT & LILY LEE (1669 E. BROADWAY).</i>				
<p>4:30-5:30PM (WEEKLY) CHAIR YOGA-RM 223</p> <p>JOIN TIM FOR OUR ACCESSIBLE & TRAUMA INFORMED YOGA CLASS! NO EXPERIENCE NECESSARY, MATS & TEA PROVIDED</p>	<p>11AM-12:30PM (WEEKLY) SMUDGE & FEATHER -RM 226</p> <p>JOIN US FOR SMUDGE & FEATHER PASSING WHILE WE DISCUSS RECOVERY & SPIRITUALITY FROM AN INDIGENOUS PERSPECTIVE.</p>	<p><u>JUNE 6TH, 20TH & 27TH</u> 5PM-8PM INDIGENOUS HEALING CIRCLE IN PROGRESS :)</p> <p>THIS GROUP IS FULL. IF YOU WOULD LIKE TO ATTEND A FUTURE HEALING CIRCLE PLEASE TEXT OR EMAIL US TO BE ADDED TO OUR NEXT COHORT.</p>	<p>3PM-4PM (WEEKLY) CALM & CONNECT -RM 320</p> <p>COME LEARN & PRACTICE VARIOUS MINDFULNESS & MEDITATION TECHNIQUES. NO EXPERIENCE REQUIRED!</p>	<p>11AM-12PM (WEEKLY) YOGA FLOW -RM 223</p>
<p>6PM-7PM (WEEKLY) ALL PATHWAYS MEETING -RM 223</p> <p>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.</p>	<p>6PM-7:30PM (WEEKLY) ALL PATHWAYS: GOOD GRIEF! -RM 223</p> <p>JOIN US FOR A BRAND NEW VERSION OF OUR ALL-PATHWAYS MEETING. JOIN US AS WE TAKE TIME TO DISCUSS & PROCESS GRIEF.</p>	<p>6-7:30PM (WEEKLY) NAVIGATING RECOVERY -RM 320</p> <p>FOR ANYONE NEW TO RECOVERY OR CURIOUS ABOUT WAYS TO ENHANCE THEIR SKILLS & CONFIDENCE IN NAVIGATING THEIR OWN UNIQUE JOURNEY.</p> <p>4 SESSIONS:</p> <ul style="list-style-type: none"> - DEFINING YOUR RECOVERY - EXPLORING YOUR VALUES - RECOVERY SUPPORTS - SETTING GOALS 	<p>HAPPIER HOUR! 5-7PM (SEE BELOW)</p> <p>JUNE 7TH: GAME NIGHT AT RLL</p> <p>JUNE 14TH: OUTDOOR GAMES -MEET AT RLL, WALK TO PARK</p> <p>JUNE 21ST: HAPPY INDIGENOUS PEOPLES DAY! WALK TO TROUT LAKE WITH US FOR THE FESTIVITIES.</p> <p>JUNE 28TH: OPEN MIC NIGHT!</p>	<p>1PM-2PM (WEEKLY) ALL-PATHWAYS: STUDENTS & YOUNG ADULTS -RM 223</p> <p>12:30-2:30PM -ROOM 226 (JUNE 8&15 ONLY!). HEALING WORDS POETRY WRITING WORKSHOP</p> <p>JUNE 22ND EAST SIDE PRIDE! 2:00-4:30PM MEET AT RLL & WALK TO GRANDVIEW PARK</p>
				<p>2:30-4:30PM (JUNE 1,8,15,29) MUSIC MAKERS -RM 223 SHARE SONGS, JAM, NO SKILL REQUIRED!</p> <p>5PM-6PM (WEEKLY) ALL-PATHWAYS MEETING -RM 223</p>

