



MAY @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

*MAY 20TH IS A HOLIDAY

WE ARE CLOSED FOR ALL OUR IN-PERSON GROUPS THAT DAY, FEEL FREE TO JOIN OUR ZOOM ALL-PATHWAYS MEETING (LINK BELOW)

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 MAY 9TH OR HEALING DAY ON MAY 30TH!

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

2:30-4PM NAVIGATING RECOVERY -RM 215

FOR ANYONE NEW TO RECOVERY OR CURIOUS ABOUT WAYS TO ENHANCE THEIR SKILLS & CONFIDENCE IN NAVIGATING THEIR OWN UNIQUE JOURNEY.

4 SESSIONS IN MAY

MAY 2ND - DEFINING YOUR RECOVERY

MAY 9TH - EXPLORING YOUR VALUES

MAY 16TH - RECOVERY SUPPORTS

MAY 23RD - SETTING GOALS

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



MAY @ROBERT & LILY LEE



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TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

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

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

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

**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.

**11AM-12:30PM (WEEKLY)
SMUDGE & FEATHER
-RM 226**

JOIN GODWYN, OUR INDIGENOUS PEER IN A SMUDGE & DISCUSSION.

**MAY 1ST, 8TH & 15TH
3:30PM-5:00PM
MEDICINE BAG
WORKSHOP -RM 224**

JOIN GODWYN FOR A 3 SESSION WORKSHOP, SUPPLIES PROVIDED. RSVP REQUIRED AS LIMITED SPACE AVAILABLE!

**6PM-7:30PM (WEEKLY)
ALL PATHWAYS: GOOD
GRIEF! -RM 223**

JOIN US FOR A BRAND NEW VERSION OF OUR ALL-PATHWAYS MEETING. JOIN US AS WE TAKE TIME TO DISCUSS & LET GO OF GRIEF.

**MAY 9TH & 23RD
5PM-8PM
INDIGENOUS HEALING
CIRCLE -RM 224**

JOIN US FOR OUR 2ND ROUND OF OUR INDIGENOUS HEALING CIRCLE WITH ELDER SANDY-LEO. RSVP REQUIRED AS LIMITED SPACE AVAILABLE!

**6PM-8PM (WEEKLY)
COUNSELING GROUP
-RM 320 (3RD FLOOR)**

COME LEARN & DISCUSS TOPICS LIKE: PTSD, SELF-COMPASSION, GROUNDING, ANXIETY, ETC. LED BY OUR COUNSELORS.

**3PM-4PM (WEEKLY)
CALM & CONNECT
-RM 226**

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

**5PM-7PM (WEEKLY)
HAPPIER HOUR!
(2ND FLOOR)**

MAY 3RD: MOVIE NIGHT
MAY 10TH: STITCH N' BITCH
MAY 17TH: KARAOKE
MAY 24TH: OPEN MIC
MAY 31ST: BOWLING AT GRANDVIEW LANES ON COMMERCIAL DRIVE: 4-6PM

**11AM-12PM (WEEKLY)
YOGA FLOW -RM 223**

START YOUR WEEKEND ON A POSITIVE NOTE! MATS PROVIDED

**1PM-2PM (WEEKLY)
ALL-PATHWAYS:
STUDENTS -RM 223**

THIS MEETING DISCUSSES RELEVANT TOPICS TO STUDENTS & YOUNG ADULTS IN ALL-PATHWAYS FORMAT

**2:30-4PM (WEEKLY PILOT)
MUSIC MAKERS -RM 223**

EXPLORE MUSIC, JAM & TRY OUT INSTRUMENTS. NO SKILL REQ.

**5PM-6PM (WEEKLY)
ALL-PATHWAYS
MEETING -RM 223**

MUTUAL SUPPORT, DISCUSSION, INCLUSIVE OF ALL PATHWAYS OF RECOVERY. TOPICS VARY