

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

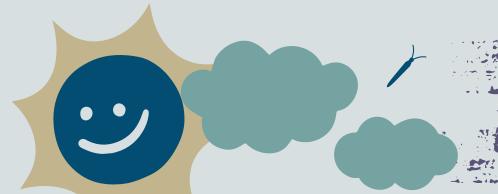
VIRTUAL 1:1 PEER SUPPORT DROP-IN HOURS

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

HTTPS://VANCOUVERCOASTALHEALTH.ZOOM.US/MY/JUNCTIONALLPATHWAYS

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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FRIDAYS



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

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

TUESDAYS

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

WEDNESDAYS

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

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 & PROCESS GRIEF.

JUNE 6TH, 20TH & 27TH
5PM-8PM
INDIGENOUS HEALING
CIRCLE IN PROGRESS:)

THURSDAYS

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.

6-7:30PM (WEEKLY)
NAVIGATING
RECOVERY -RM 320

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

4 SESSIONS:

- DEFINING YOUR RECOVERY
- EXPLORING YOUR VALUES
- RECOVERY SUPPORTS
- SETTING GOALS

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

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

HAPPIER HOUR! 5-7PM (SEE BELOW)

J<u>UNE 7TH:</u> GAME NIGHT AT RLL

JUNE 14TH: OUTDOOR

GAMES -MEET AT RLL, WALK

TO PARK

JUNE 21ST: HAPPY
INDIGENOUS PEOPLES DAY!
WALK TO TROUT LAKE WITH
US FOR THE FESTIVITIES.

JUNE 28TH: OPEN MIC NIGHT!

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

SATURDAYS

1PM-2PM (WEEKLY)
ALL-PATHWAYS: STUDENTS
&YOUNG ADULTS -RM 223

12:30-2:30PM -ROOM 226

(JUNE 8&15 ONLY!)

HEALING WORDS POETRY

WRITING WORKSHOP

JUNE 22ND EAST SIDE PRIDE! 2:00-4:30PM MEET AT RLL & WALK TO GRANDVIEW PARK

2:30-4:30PM (JUNE 1,8,15,29)
MUSIC MAKERS -RM 223
SHARE SONGS, JAM, NO
SKILL REQUIRED!

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