



# 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: OPEN MIC  
MAY 24TH: KARAOKE  
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. OPEN MIC - MAY 25TH

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

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