

MAY THREE BRIDGES









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

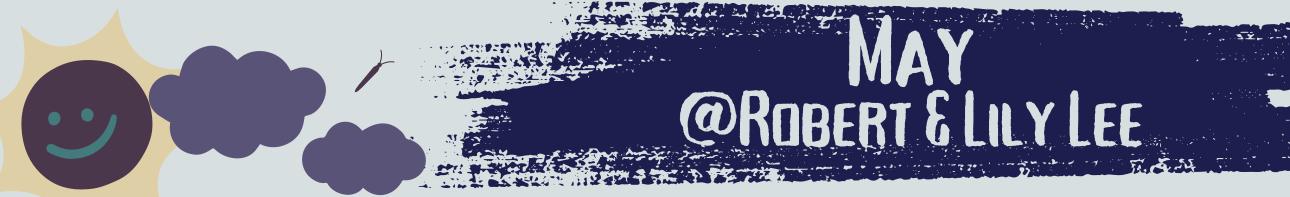
VIRTUAL 1:1 PEER SUPPORT DROP-IN HOURS

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

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

MEETING ID: 244 730 7088 PASSCODE: 280265

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









604.812.3139



VANCOUVERJUNCTION@VCH.CA



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
SESSON 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, SELFCOMPASSION, 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