























The CORE

(Community Outpatient Recovery Experience) Weekly Schedule (December 1st - January 3rd)

Legend Facilitated by Junction  Alternate Location  Please note: All CORE -facilitated groups are hosted both in person and on Zoom (unless otherwise specified)					
Mon	Tues	Wed	Thur	Fri	Sat
Check-in 9:00-10:00AM	Check-in 9:00-10:00AM	Alumni Welcome Check-in 9:00-10:00AM	Check-in 9:00-10:00AM	Check-in 9:00-10:00AM	Alumni Welcome Check-in 9:00-10:00AM
Dialectical Behavioural Therapy 11:00-12:00PM	Science of Recovery 11:00-12:00PM	Alumni welcome Peer Panel 11:30-12:30PM December 10 th	Recovery Dharma 11:00-12:00PM	Recovery 101 11:00-12:00PM	 Yoga with Melissa RLL -Rm 223 11:00-12:00PM *in-person only*
Alumni welcome Acupuncture 1:15-2:45PM *in-person only*	Alumni welcome Acupuncture 1:15-2:45PM *in-person only*	Alumni welcome Acupuncture 1:15-2:45PM *in-person only*	Alumni welcome Acupuncture 1:15-2:45PM *in-person only*	Alumni welcome Acupuncture 1:15-2:45PM *in-person only*	Unfortunately, acupuncture will only be offered Dec 1-19. It will be back on Jan 5 th !
  Art Expressions 3 Bridges CHC- Rm 215 2:30-4:00PM *in-person only*	 Zen Out RLL-Rm 223 4:30-5:30PM *in-person only*	  Smudge & Feather 312 Main St. Ground Floor 1:30-3:00PM *in-person only*	  2SLGBTQIA+ All Pathways 3 Bridges CHC- Rm 215 4:30-5:30PM *in-person only*	Our next Level Up ceremony will be in January!	Anger and Stress Workshop 1:00-2:30PM December 20 th
Alumni welcome SMART RLL-Rm 325 3:30-4:30PM *in-person only*	 All Pathways RLL-Rm 223 6:00-7:00PM *in-person only*	 Navigating Within RLL-Rm 226 6:00-7:30PM *Register via email (rory.mills@vch.ca) for this in-person group* Dec 3, 10, 17, 24	Alumni welcome CrossTox RLL- 3 rd floor 5:00-6:00PM *in-person only* Dec 4, 11	 Holiday Party! RLL-Rm 223 4:00-7:00PM *in-person only* December 19 th	 All Pathways RLL-Rm 223 5:00-6:00 PM *in-person only*
  All Pathways 3 Bridges CHC - Rm 215 4:30-5:30PM *in-person only*		 Year's End Memorial Rm 223 6:00-7:30PM *in-person only* December 31 st	Alumni Welcome Core Connections RLL- 3 rd floor 5:00-6:00PM *in-person only* December 18 th	Please Note: We are closed December 25, 26, and January 1	
 All Pathways on Zoom 6:00-7:00PM	 All Pathways on Zoom 6:00-7:00PM	 All Pathways on Zoom 6:00-7:00PM	 All Pathways on Zoom 6:00-7:00PM		 All Pathways on Zoom 6:00-7:00PM
All Pathways Zoom Link: https://vancouvercoastalhealth.zoom.us/junctionallpathways Meeting ID: 244 730 7088 Passcode: 280265					
New Client Orientation/Meet & Greet: You must first register for The CORE to be booked for & attend an orientation Session for new clients to ask questions and gather information about The CORE program. The first 30 mins will be in a group format, then you'll meet one of our staff 1:1 to build your individual treatment plan.					

How can I get into The CORE?

Call ACCESS at 1-866-658-1221 for a self-referral

What is The CORE?

The CORE stands for **Community Outpatient Recovery Experience** (formerly known as the Daytox Program). It is a community-based day program offered by Vancouver Coastal Health, for people who want to change their relationship with substances & whose substance use does not require in-patient treatment. The CORE is a structured 6-12 week program that operates on the principles of being client- centered and trauma-informed. Clients have the chance to attend a variety of Zoom and in-person groups and also receive one-on-one support while enrolled in the program.

What services are available at The CORE?

We are a groups-based program supplemented by 1:1 support. We operate on a bio-psycho-social approach. That is a fancy way of saying that we provide programming that helps you take care of your physical, emotional, and social needs.

Who can access The CORE?

- The CORE is available to **adult residents of Vancouver and Richmond**.
- The CORE supports people who would like to **change their relationship with substances**.

There are two streams of The CORE:

- **Groundwork:** 12 weeks, provides tools & skills for early recovery, relapse prevention & emotional regulation
- **Evolution (Coming early 2026):** 6 weeks, closed group for those who require trauma-focused support. *Our pilot cohorts are currently full, we will open new groups in 2026.

Legend:

Facilitated by Junction



Alternate Location



Group Descriptions

Acupuncture: In person sessions, aids with withdrawal, cravings and helps prevent relapse.

All-Pathways Meeting: This is a general sharing & mutual support meeting that is inclusive of all pathways and flavors of recovery. There are separate meetings available on both Zoom and in-person.

Art Expressions: A creative group that uses art and expression to support emotional growth and healing. Each week offers a new activity—no artistic skills required. Art Expressions focuses on the process, not the product.

Check-In: A safe space for clients to share current life situations, recovery goals and plans. Wednesdays and Saturdays we welcome CORE alumni clients to also participate. **[Alumni welcome Wed/Sat only]**

Core Connections: Want to spend more time getting to know your CORE cohort & Alumni? Come to this once a month, peer led evening group focused on maintaining these CORE CONNECTIONS!

CrossTox: A peer-led group for personal growth and recovery through open discussion, sharing, and support. We use S.M.A.R.T Recovery tools to explore practical ways of strengthening recovery, emotional well-being, and goal setting.

Dialectical Behavioural Therapy (D.B.T): An evidence-based therapy that combines acceptance and change. DBT helps people accept their current reality while also learning skills to change unhelpful behaviours.

Holiday Party!: Join the CORE and Junction in gathering for a holiday meal accompanied by a raffle and classic holiday karaoke.

Navigating Within: A four-week continuation of Navigating Recovery, we offer participants the opportunity to discover their own voice by delving into their mind and finding directions to navigate their journey.

Peer Panel: Curious about options after The CORE? Come to our monthly panel & hear from peers & alumni about what worked for them after completing The CORE & review options for the next steps on your individual recovery journey.

Recovery 101: A psychoeducational group focusing on the “basics” of recovery. In the group we will discuss topics such as triggers, cravings, harm reduction and other important skills/tools to support your recovery!

Recovery Dharma: A peer-led community that is unified by our trust in the potential of each of us to recovery and find freedom from the suffering of addiction. Meetings include a guided meditation, a reading from the Recovery Dharma book and sharing.

Science of Recovery: Topics will include the role of neurotransmitters, human basic needs (hierarchy), Post-Acute Withdrawal Syndrome (PAWS), human connection, habitual behaviour and ACES in recovery.

SMART: Self-Management and Recovery Training; open group anyone can attend. <https://www.vch.ca/en/service/smart-recovery#resources--54821>

Smudge & Feather: Participate in smudge & feather passing/sharing at 312 Main St. in the Sound room on the ground floor from 1:30-3pm Wednesdays.

Workshop - Anger and Stress: A rotating workshop which changes monthly. For December, we will focus on learning the basics about anger and stress management.

Year’s End Memorial: Join us to close out the year with a night of remembrance.

Yoga with Melissa: A supportive, trauma informed yoga group designed for people in recovery. Through mindful movement, breathwork, and reflection, we build resilience, reduce stress, and support emotional well-being.

Zen Out: A safe space to practice guided meditation, mindfulness, stretching, and calming breathing exercises. Practicing these skills will help you to connect and regulate your nervous system and ground in the present moment to reduce the feelings of anxiety, stress, and trauma.

Hours & Certificate:

The Groundwork Stream takes 60 hours of program time to receive a completion certificate. Hours can include all groups on this calendar and 1:1 meetings with staff. We ask participants to attend at minimum 4-6 groups per week on average.

The Evolution Stream requires 6-8 hours per week of closed group programming for 6 weeks to receive a completion certificate.

Level Up! Ceremony:

Participants are welcome to attend our *Level Up!* ceremony to celebrate those who have completed The CORE Program and are taking the next step in their recovery journey

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