


APRIL 2024

Register by email: vancouverjunction@vch.ca, by phone: 604.812.3139, or in-person at a Build Back group.
Locations: ■ (3B) Three Bridges (1128 Hornby St.) or (RLL) Robert & Lily Lee (1669 E. Broadway, Vancouver) ■ ZOOM (link on back)

| MONDAY (3 BRIDGES) | TUESDAY (ROBERT LILY LEE) | WEDNESDAY (ROBERT LILY LEE) | THURSDAY (3 BRIDGES & ROBERT LILY LEE) | FRIDAY (ROBERT LILY LEE) | SATURDAY (ROBERT LILY LEE) |
|---|--|---|---|--|--|
| APRIL 1 HOLIDAY NO IN-PERSON GROUPS ■ 6pm All-Pathways (Zoom) | 2 ■ 6pm All-Pathways in-person RLL Rm 223 ■ 6-8pm Zoom 1:1 Peer Support *see back for details | 3 ■ 11am Smudge & Feather Rm 226 ■ 4:30pm Chair Yoga Rm 223 ■ 6pm All-Pathways (Zoom) | 4 ■ 12-2pm Building Back 3B Rm 123 ■ 2:30pm Seawall Walk (meet @3B) ■ 4:30 2SLGBTQ+ Meeting 3B Rm 215 ■ 6pm Counseling Group RLL Rm 223 | 5 ■ 5-7pm Happier Hour @RLL 2 nd Floor Open Mic Night! ■ 6-8pm Zoom 1:1 Peer Support | 6 ■ 2-5pm Vancouver Art Gallery (FREE) meet there @ 750 Hornby St. ■ 6pm All-Pathways (Zoom) |
| 8 ■ 12-2pm Building Back Coffee & Chat Rm 123 ■ 2:30-4pm Art Expressions Rm 215 ■ 4:30pm 2SLGBTQ AP/Yoga Rm 215 ■ 6pm All-Pathways (Zoom) | 9 ■ 6pm All-Pathways in-person RLL Rm 223 ■ 6-8pm Zoom 1:1 Peer Support *see link below | 10 ■ 11am Smudge & Feather Rm 226 ■ 4:30pm Chair Yoga Rm 223 ■ 6pm All-Pathways (Zoom) | 11 ■ 12-2pm Milestones! 3B Rm 215 ■ 2:30pm Seawall Walk (meet @3B) ■ 4:30 2SLGBTQ+ Meeting 3B Rm 215 ■ 6pm Counseling Group RLL Rm 223 | 12 ■ 5-7pm Happier Hour @RLL 2 nd Floor Dance & Mocktails! ■ 6-8pm Zoom 1:1 Peer Support | *All RLL groups on 2nd Floor 13 ■ 11am Yoga Flow with Tim ■ 1pm All-Pathways Students & Young Adults (Zoom & in-person) ■ 5pm All-Pathways in-person ■ 6pm All-Pathways (Zoom) |
| 15 ■ 12-2pm Building Back Coffee & Chat Rm 123 ■ 2:30-4pm Art Expressions Rm 215 ■ 4:30pm 2SLGBTQ AP/Yoga Rm 215 ■ 6pm All-Pathways (Zoom) | 16 ■ 6pm All-Pathways in-person RLL Rm 223 ■ 6-8pm Zoom 1:1 Peer Support *see link below | 17 ■ 11am Smudge & Feather Rm 226 ■ 4:30pm Chair Yoga Rm 223 ■ 6pm All-Pathways (Zoom) | 18 ■ 12-2pm Building Back 3B Rm 215 ■ 2:30pm Seawall Walk (meet @3B) ■ 4:30 2SLGBTQ+ Meeting 3B Rm 215 ■ 6pm Counseling Group RLL Rm 223 | 19 ■ 5-7pm Happier Hour @RLL 2 nd Floor Karaoke Night! ■ 6-8pm Zoom 1:1 Peer Support | *All RLL groups on 2nd Floor 20 ■ 11am Yoga Flow with Tim ■ 1pm All-Pathways Students & Young Adults (Zoom & in-person) ■ 5pm All-Pathways in-person ■ 6pm All-Pathways (Zoom) |
| 22 ■ 12-2pm Building Back Coffee & Chat Rm 123 ■ 2:30-4pm Art Expressions Rm 215 ■ 4:30pm 2SLGBTQ AP/Yoga Rm 215 ■ 6pm All-Pathways (Zoom) | 23 ■ 6pm All-Pathways in-person RLL Rm 223 ■ 6-8pm Zoom 1:1 Peer Support *see link below | 24 ■ 11am Smudge & Feather Rm 226 ■ 4:30pm Chair Yoga Rm 223 ■ 6pm All-Pathways (Zoom) | 25 ■ 12-2pm Healing Day! 3B Rm 215 ■ 2:30pm Seawall Walk (meet @3B) ■ 4:30 2SLGBTQ+ Meeting 3B Rm 215 ■ 6pm Counseling Group RLL Rm 223 | 26 ■ 4-6pm Happier Hour Bowling @Grandview Lanes ■ 6-8pm Zoom 1:1 Peer Support | *All RLL groups on 2nd Floor 27 ■ 11am Yoga Flow with Tim ■ 1pm All-Pathways Students & Young Adults (Zoom & in-person) ■ 5pm All-Pathways in-person ■ 6pm All-Pathways (Zoom) |
| 29 ■ 12-2pm Building Back Coffee & Chat Rm 123 ■ 2:30-4pm Art Expressions Rm 215 ■ 4:30pm 2SLGBTQ AP/Yoga Rm 215 ■ 6pm All-Pathways (Zoom) | 30 ■ 6pm All-Pathways in-person RLL Rm 223 ■ 6-8pm Zoom 1:1 Peer Support *see link below | <div> <p>MAY 1</p> <p>*New Zoom Meeting Link: https://vancouvercoastalhealth.zoom.us/my/junctionallpathways Meeting ID: 244 730 7088 Passcode: 280265 This link is for Zoom All Pathways meetings & Virtual 1:1 Peer Support</p> </div> | | | |
| | | | | | <div>  <p>VANCOUVERJUNCTION</p> </div> |

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Welcome to The Vancouver Junction

Services are open to any and all 19+ who self-identify as being in recovery from substance use and/or who are curious about or considering various recovery/wellness pathways. We are an inclusive community of VCH staff and peers dedicated to supporting the health and wellbeing of those seeking support.

****Saturday, April 6th 2-5pm Vancouver Art Gallery** (meet staff in lobby of art gallery @2pm, 750 Hornby St.) Current exhibits: [Vancouver Art Gallery \(VAG\)](#)

Ongoing in-person Groups/Activities

- **Building Back Coffee & Chat: Mondays & Thursdays @12-2pm. Three Bridges, 1128 Hornby St. Rm 123 & 215**
 - Come join us for some board or video games, chit chat, coffee, snacks & meet some fun and amazing people (*Drop-in*)!
- **Expressive Arts Class: Mondays @2:30pm. Three Bridges, 1128 Hornby St. Rm 215**
 - Come join us for some peer-led therapeutic art projects (*Drop-in*).
- **In-Person All-Pathways Meetings: Tuesdays @6pm & Saturdays @5pm. Robert & Lily Lee, 1669 E. Broadway, Rm 223**
 - This is a general sharing & mutual support meeting that is inclusive of all pathways and flavors of recovery (*Drop-in*)!
 - **2SLGBTQ+ AP Meetings Mondays & Thursdays @4:30pm. Three Bridges, 1128 Hornby St. Rm 215**
 - **Students & Young Adults Saturdays @1pm. Robert & Lily Lee, 1669 E. Broadway, Rm 226 (Hybrid, also on zoom)**
- **Smudge & Feather: Wednesdays @11am. Robert & Lily Lee, 1669 E. Broadway, Rm 226**
 - Participate in smudge & feather passing/sharing for those interested (*Drop-in*).
- **Yoga: Wednesdays @ 4:30pm & Saturdays @11am. Robert & Lily Lee, 1669 E. Broadway, Rm 223**
 - Compliment your week with trauma-informed yoga inclusive of all experience levels. We have mats! Bring some comfy clothes (*Drop-in*).
- **Seawall Walk: Thursdays @2:30pm. Start @ Three Bridges, 1128 Hornby St.**
 - Get out & enjoy the spring weather and the gorgeous beach & waves along the Seawall. Snacks & coffee included (*Drop-in*)
- **Counseling Group: Thursdays @6pm. Robert & Lily Lee, 1669 E. Broadway, Rm 223**
 - Dip your toe into topics & discussions such as PTSD, mindfulness, self-compassion, etc. with our Junction counselors (*Drop-in*)!

Ongoing virtual Offerings:

- **All-Pathways Meetings: Mondays, Wednesdays & Saturdays @ 6-7pm**
 - This is a general sharing & mutual support meeting (*Drop-in*)!
- **Virtual 1:1 Peer Support: Tuesdays & Fridays @ 6-8pm**
 - These 30 min time slots are first come first serve, (*Drop-in only*).

One-to-One Support: We offer the opportunity to meet individually with one of our **Recovery Navigators** to discuss individual wellness/recovery goals & help connect you with services or talk to a **Peer** who has been there, done that!? Contact us to request either of these services.