

Register by email: [vancouverjunction@vch.ca](mailto: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)

MARCH 2024

| MONDAY<br>(3 BRIDGES)   | TUESDAY<br>(ROBERT LILY LEE)   | WEDNESDAY<br>(ROBERT LILY LEE)   | THURSDAY<br>(3 BRIDGES & ROBERT LILY LEE)  | FRIDAY<br>(ROBERT LILY LEE)  | SATURDAY<br>(ROBERT LILY LEE)  |
|---|--|--|--|--|--|
| FEBRUARY 26<br><ul style="list-style-type: none"> <li>12-2:30 Building Back Coffee &amp; Chat Rm 123</li> <li>4:30pm 2SLGBTQ AP/Yoga Rm 215</li> <li>5pm All-Pathways (Zoom)</li> </ul>                                 | 27<br><ul style="list-style-type: none"> <li>5pm All-Pathways (Zoom)</li> <li>6pm All-Pathways RLL Rm 223</li> </ul> | 28<br><ul style="list-style-type: none"> <li>11am Smudge &amp; Feather Rm 226 (2<sup>nd</sup> Floor)</li> <li>4:30pm Yoga with Tim Rm 223</li> </ul> | 29<br><ul style="list-style-type: none"> <li>12-2:30pm Healing Day! 3B Rm 123</li> <li>2:30-4pm Art Expressions 3B Rm 215</li> <li>4:30 2SLGBTQ+ AP Meeting 3B Rm 21</li> <li>4:30pm Yoga with Tim RLL Room 223</li> </ul>   | <b>MARCH 1</b><br><ul style="list-style-type: none"> <li>5-7pm Happier Hour @RLL Rm 223/224</li> <li>Movie Night!</li> </ul> | 2<br><ul style="list-style-type: none"> <li>12pm All-Pathways: Students &amp; Young Adults RLL, Rm 226 or zoom *see pg. 2 for link</li> </ul>  |
| 4<br><ul style="list-style-type: none"> <li>12-2:30 Building Back Coffee &amp; Chat Rm 123</li> <li>2:30-4pm Navigating Rec. Rm 215</li> <li>4:30pm 2SLGBTQ AP/Yoga Rm 215</li> <li>5pm All-Pathways (Zoom)</li> </ul>  | 5<br><ul style="list-style-type: none"> <li>5pm All-Pathways (Zoom)</li> <li>6pm All-Pathways RLL Rm 223</li> </ul>  | 6<br><ul style="list-style-type: none"> <li>11am Smudge &amp; Feather Rm 226 (2<sup>nd</sup> Floor)</li> <li>4:30pm Yoga with Tim Rm 223</li> </ul>  | 7<br><ul style="list-style-type: none"> <li>12-2:30pm Building Back 3B Rm 123</li> <li>2:30-4pm Art Expressions 3B Rm 215</li> <li>4:30pm 2SLGBTQ+ Meeting 3B Rm 215</li> <li>4:30pm Yoga with Tim RLL Rm 223</li> <li>6pm Counseling Group RLL Rm 320</li> </ul>    | 8<br><ul style="list-style-type: none"> <li>5-7pm Happier Hour @RLL Rm 223/224</li> <li>Dancing Night!</li> </ul>            | 9<br><ul style="list-style-type: none"> <li>12pm All-Pathways: Students &amp; Young Adults RLL, Rm 226 or zoom *see pg. 2 for link</li> </ul>  |
| 11<br><ul style="list-style-type: none"> <li>12-2:30 Building Back Coffee &amp; Chat Rm 123</li> <li>2:30-4pm Navigating Rec. Rm 215</li> <li>4:30pm 2SLGBTQ AP/Yoga Rm 215</li> <li>5pm All-Pathways (Zoom)</li> </ul> | 12<br><ul style="list-style-type: none"> <li>5pm All-Pathways (Zoom)</li> <li>6pm All-Pathways RLL Rm 223</li> </ul> | 13<br><ul style="list-style-type: none"> <li>11am Smudge &amp; Feather Rm 320 (Daytox)</li> <li>4:30pm Yoga with Tim Rm 223</li> </ul>               | 14<br><ul style="list-style-type: none"> <li>12-2:30pm Milestones! 3B Rm 215</li> <li>2:30-4pm Art Expressions 3B Rm 215</li> <li>4:30pm 2SLGBTQ+ Meeting 3B Rm 215</li> <li>4:30pm Yoga with Tim RLL Room 223</li> <li>6pm Counseling Group RLL Rm 320</li> </ul>   | 15<br><ul style="list-style-type: none"> <li>5-7pm Happier Hour @RLL Rm 223/224</li> <li>Karaoke Night!</li> </ul>           | 16<br><ul style="list-style-type: none"> <li>12pm All-Pathways: Students &amp; Young Adults RLL, Rm 226 or zoom *see pg. 2 for link</li> </ul> |
| 18<br><ul style="list-style-type: none"> <li>12-2:30 Building Back Coffee &amp; Chat Rm 123</li> <li>2:30-4pm Navigating Rec. Rm 215</li> <li>4:30pm 2SLGBTQ AP/Yoga Rm 215</li> <li>5pm All-Pathways (Zoom)</li> </ul> | 19<br><ul style="list-style-type: none"> <li>5pm All-Pathways (Zoom)</li> <li>6pm All-Pathways RLL Rm 223</li> </ul> | 20<br><ul style="list-style-type: none"> <li>11am Smudge &amp; Feather Rm 226 (2<sup>nd</sup> Floor)</li> <li>4:30pm Yoga with Tim Rm 223</li> </ul> | 21<br><ul style="list-style-type: none"> <li>12-2:30pm Building Back 3B Rm 123</li> <li>2:30-4pm Art Expressions 3B Rm 215</li> <li>4:30 2SLGBTQ+ AP Meeting 3B Rm 21</li> <li>4:30pm Yoga with Tim RLL Room 223</li> <li>6pm Counseling Group RLL Rm 320</li> </ul> | 22<br><ul style="list-style-type: none"> <li>4-6pm Bowling @Grandview Lanes! Please RSVP to Kate: 236-558-7126</li> </ul>    | 23<br><ul style="list-style-type: none"> <li>12pm All-Pathways: Students &amp; Young Adults RLL, Rm 226 or zoom *see pg. 2 for link</li> </ul> |
| 25<br><ul style="list-style-type: none"> <li>12-2:30 Building Back Coffee &amp; Chat Rm 123</li> <li>2:30-4pm Navigating Rec. Rm 215</li> <li>4:30pm 2SLGBTQ AP/Yoga Rm 215</li> <li>5pm All-Pathways (Zoom)</li> </ul> | 26<br><ul style="list-style-type: none"> <li>5pm All-Pathways (Zoom)</li> <li>6pm All-Pathways RLL Rm 223</li> </ul> | 27<br><ul style="list-style-type: none"> <li>11am Smudge &amp; Feather Rm 226 (2<sup>nd</sup> Floor)</li> <li>4:30pm Yoga with Tim Rm 223</li> </ul> | 28<br><ul style="list-style-type: none"> <li>12-2:30pm Healing Day! 3B Rm 215</li> <li>2:30-4pm Art Expressions 3B Rm 215</li> <li>4:30pm 2SLGBTQ+ Meeting 3B Rm 215</li> <li>4:30pm Yoga with Tim RLL Room 223</li> <li>6pm Counseling Group RLL Rm 320</li> </ul>  | 29<br><p><b>HOLIDAY</b><br/>Zoom 1:1 peer support 5-7pm *see pg. 2 for link</p>  | 30<br><p><b>HOLIDAY</b><br/>Zoom 1:1 peer support 3-5pm *see pg. 2 for link</p>  |



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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.

**\*\*NEW\*\* Counseling Group (Drop-in, no RSVP needed!) Thursdays @6pm** Rm 320 (Daytox group room) *a weekly drop-in group for folks looking to learn some skills to cope with trauma, learn grounding and relaxation exercises and manage experiences in a healthy way.*

**\*\*ZOOM 1:1 Peer Support Fridays & Saturdays @5-7pm**

**Meeting ID: 614 8130 3169**

**Password: 774946**

<https://vch.us14.list-manage.com/track/click?u=39f66dfc9ed24112724224cc4&id=a8a4d7270a&e=5065bd56de>

### Ongoing in-person Groups/Activities

- **Smudge & Feather:** Participate in smudge & feather passing/sharing for those interested. 1669 E. Broadway, Rm 320 **Wednesdays at 11am!**
- **Yoga:** Compliment your week with trauma-informed yoga inclusive of all experience levels. *We have mats! Just bring yourself and some comfy clothes.*
  - **Wednesdays & Thursdays @ 4:30pm** at **Robert & Lilly Lee Family CHC** (1669 E. Broadway, Vancouver, 2<sup>nd</sup> floor Rm 223)
- **Expressive Arts Class:** Come join us for some peer-led therapeutic art projects
  - **Thursdays 2:30-4pm in-person** at **Three Bridges Community Health Centre** (1128 Hornby St. Vancouver, Room 215)
- **Building Back Coffee & Chat:** This group is an ongoing **in-person social drop-in group**, *Drop-ins welcome.*
  - **Mondays & Thursdays 12-2:30pm** at **Three Bridges Community Health Centre** (1128 Hornby St. Vancouver, Room 123)
- **All-Pathways Meetings:** This is a general sharing & **mutual support meeting**, *Drop-ins welcome.*
  - **Tuesdays @ 6-7pm in-person** at **Robert & Lily Lee Family CHC** (1669 E. Broadway, Vancouver, Room 223)
- **Students & Young Adults All-Pathways Meeting:** *For anyone 19+*
  - **Saturdays @ 12pm in-person** at **Robert & Lily Lee Family CHC** (1669 E. Broadway, Vancouver, Room 226)
- **2SLGBTQ+ All-Pathways Meeting:**
  - **Mondays AP Meeting + Yoga 4:30-5:45pm in-person** at **Three Bridges CHC** (1128 Hornby St. Vancouver, Room 215)
  - **Thursdays 4:30-5:30pm in-person** at **Three Bridges CHC** (1128 Hornby St. Vancouver, Room 215)

### Ongoing virtual Groups:

- **All-Pathways Meetings:** This is a general sharing & **mutual support meeting**, *Drop-ins welcome.*
  - **Mondays & Tuesdays @ 5-6pm online via Zoom Join Zoom Meeting**  
<https://vancouvercoastalhealth.zoom.us/j/68255266866?pwd=UHBud2JLcWlIaEV0Wmt0V2h5UIZPZz09>  
**Meeting ID: 682 5526 6866    Password: 459770**

**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.