

TUESDAYS



2:30pm - 3:30pm
YouTube Yoga



5:00pm-7:00pm
Junction Dinner
(menu next page)

6:00pm-7:00pm
All-Pathways *Hybrid*

WEDNESDAYS



1:15pm - 2:00pm
Walking Group

2:00pm - 3:00pm
All-Pathways

4:00pm - 7:00pm
Building Back
Evening Drop-in



THURSDAYS



11:30am - 12:30pm
Walking Group



12:00pm - 2:00pm
Building Back
Coffee & Chat



4:00pm - 5:00pm
All-Pathways

FRIDAYS

11:00am - 2:00pm
Open Art Drop-in



11:00am - 3:00pm
Meet Counsellor Roz
drop-in info sessions
about therapy

3:00pm - 5:00pm
Happier Hour
(schedule next page)

SATURDAYS



11:30am - 12:30pm
Relaxation Meditation

1:00pm - 2:00pm
Learn to Crochet



4:00pm - 5:00pm
All-Pathways

open hours

Tuesday 1pm-7pm
Wednesday 1pm-7pm
Thursday 11am-5pm
Friday 11am-5pm
Saturday 11am-5pm

OCTOBER

604-256-8979

junctionnorthshore
@lookoutsociety.ca

What is All-Pathways?

It's our flagship mutual support meeting. Inclusive of all flavors or recovery. Each week join others in discussing various recovery-related topics & find the support and connection an All-Pathways approach can bring.



Virtual All-Pathways Meetings - 6pm-7pm

Mondays Tuesdays Wednesdays Thursdays Saturdays

<https://vancouvercoastalhealth.zoom.us/my/junctionallpathways>

MEETING ID: 244 730 7088 PASS CODE : 280265



1645
Lonsdale
Avenue,
North
Vancouver

JUNCTION
COMMUNITY
CENTRE
NORTH SHORE

Lookout
Housing + Health Society

JUNCTION DINNERS

Tuesdays 5pm-7pm



Oct 1: Build your own burrito bowl

Oct 8: Butter chicken, rice, naan, and garden salad

Oct 15: 3-cheese penne bake, Caesar salad, garlic bread

Oct 22: Homestyle beef stew with fresh buns

Oct 29: Cheese pierogies, all the trimmings, caesar salad

HAPPIER HOUR

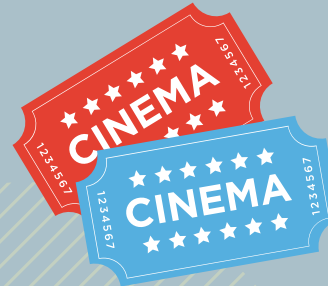
Fridays 3pm-5pm



Oct 4: Bingo

Oct 11: Retro games (charades, pictionary)

Oct 18: Movie Night



Oct 25: Pumpkin Painting

open hours

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