

## TUESDAYS

**12:30pm - 2:00pm**  
**Trail Walk**

Get some fresh air! Plant and bird enthusiasts encouraged!

**12:00pm - 3:00pm**  
**Building Back**  
**Coffee & Chat**

**Junction Dinner**  
**Served @5:00pm**

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

## WEDNESDAYS

**12:00pm - 3:00pm**  
**Building Back**  
**Coffee & Chat**

**3:30pm - 4:30pm**  
**All-Pathways**

**5:00pm - 6:30pm**  
**Navigating Recovery**

\*\*Join us on Wednesday, April 23rd for our monthly Milestones Celebration! Featuring anniversaries, birthdays, cake, ice cream and whatever else YOU would like to celebrate!

## THURSDAYS

**11:00am - 12:30pm**  
**Birds of a Feather**  
Ben leads a recovery group grounded in Indigenous teachings.

**1:00pm - 4:00pm**  
**Building Back**  
**Coffee & Chat**

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

## FRIDAYS

**10:00am - 1:00pm**  
**Building Back**  
**Coffee & Chat**

**11:30am - 1:00pm**  
Processing Group with Counsellor Roz

**1:30pm - 3:00pm**  
Intro to DBT (dialectical Behaviour Therapy) with Counsellor Roz

**3:00pm - 5:00pm**  
**Happier Hour**  
Weekly rotation of events like Bingo!, nintendo, fun, fun and more fun!

## SATURDAY

Morning cartoons with cereal barr

**10:30a-1:00pm**

**1:00pm - 2:00pm**  
Trauma-informed yoga & moving meditation

**2:00pm - 4:00pm**  
**Building Back**  
**Coffee & Chat**

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

**What is Navigating Recovery?**  
**4-session group, learn more about recovery options and tools**  
April 9, April 16,  
April 23, April 30  
RSVP required - please ask staff!! <3

**Phone: 604-256-8979**

**Text: 778-789-0643**

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**1645 Lonsdale Avenue, North Vancouver**

# APRIL

# Dinner Menu

## TUESDAYS @ 5PM

**April 1:** Pulled Pork Sandos w/ Coleslaw, Tater Salad and Garden Salad.

**April 8:** BBQ Chicken, Steamed Veggies, Macaroni Salad, Potato Wedges.

**April 15:** Mac & Cheese, Garlic Bread, Caesar Salad.

**April 22:** DIY Taco Bowls! ¡delicioso!

**April 29:** Salsbury Steak, mash and gravy, steamed veg and salad.

# Heal from home!

## Virtual All-Pathways Meetings 6pm-7pm

- Mondays
  - Tuesdays\*
  - Wednesdays
  - Thursdays
  - Saturdays
- \*hosted by NSJ



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

MEETING ID: 244 730 7088  
PASS CODE : 280265

# HAPPIER HOUR

## FRIDAYS 3PM - 5PM

**April 4:** BINGO!!!

**April 11:** TYE DYE: The Return

**April 18:** North Shore Scavenger Hunt

**April 25:** World Cafe

**Is The Junction the right fit for me??**

Curious about who we are and what we do?? Come visit during our

**Building Back  
Coffee & Chat**

**JUNCTION** COMMUNITY CENTRE NORTH SHORE  
**Lookout** Housing + Health Society

# April