

TUESDAYS



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

*Drop-in time to connect
with others in recovery
and access resources*

Junction Dinner
Served @5:00pm

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



CEREAL SATURDAY

10:30a-1:00pm

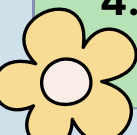
Classic Cartoons
and cereal bar



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

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

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



WEDNESDAYS

1:00pm - 3:00pm
Trail walks w/ Bahar
*A different route each
week, suitable for a
range of fitness levels

3:00pm - 5:00pm
Building Back
Coffee & Chat

Join us on May 21st for
our monthly Milestones
Party - celebrate your
journey with pizza,
cake, and community.

5:00pm-7:00pm
Afternoon Movies with
snacks



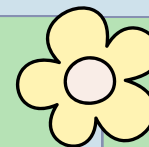
THURSDAYS

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

11:00am-1:00pm
Starting May 9th -
Artistic Expressions
Workshop
ask staff for more info

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

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

3:00pm - 5:00pm
Happier Hour



MAY

Phone: 604-256-8979

Text: 778-789-0643

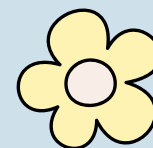
junctionnorthshore@lookoutsociety.ca

1645 Lonsdale Avenue, North Vancouver

JUNCTION
COMMUNITY
CENTRE
NORTH SHORE



Lookout
Housing + Health Society



Dinner Menu

TUESDAYS @ 5PM

May 6: Pulled Chicken or Pork Sandos w/ Coleslaw, mac salad and garden Salad.

May 13: Spaghetti and Meatballs w/ garlic bread and ceasar salad.

May 20: Build Your Own Burrito Bowls w/ all the fixings!

May 27: Chicken and Veggie Chow Mein w/ salad.

Happier Hour

FRIDAYS 3PM - 5PM

-May 2: BINGO!!!

-May 9: Karaoke

-May 16: Nintendo Tournament

-May 23: Scavenger Hunt Part II

-May 30: (The) Office Olympics

MAY

Heal from home!

Virtual All-Pathways
Meetings 6pm - 7pm

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



<https://vancouvercoastalhealth.zoom.us/j/functionalpathways>

MEETING ID: 244 730 7088
PASS CODE : 280265

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

Building Back
Coffee & Chat