

TUESDAYS

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

Junction Dinner
Served @5:00pm

6:00pm – 7:00pm
All-Pathways *Hybrid*

SATURDAY

10:00 – 12:00pm
Saturday Morning
Cartoons

12:00pm – 1:00pm
All-Pathways

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

2:00pm – 5:00pm
Building Back
Coffee & Chat

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**
June 18th
Milestones Party

5:00pm – 6:30pm
NAVIGATING
RECOVERY GROUP

**What is Navigating
Recovery?**
4-session group, learn
more about recovery
options and tools
June 4, June 11,
June 18, June 25
RSVP required - please
ask staff!! <3

THURSDAYS

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



1:00pm – 2:00pm
All-Pathways

2:00pm – 5:00pm
Building Back
Coffee & Chat

FRIDAYS

11:00am–1:00pm
Open Art Drop-in

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

JUNE

604-256-8979 778-789-0643

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1645 Lonsdale Avenue, North Vancouver

 **Lookout**
Housing + Health Society

JUNCTION
COMMUNITY
CENTRE
NORTH SHORE

Dinner Menu

TUESDAYS @ 5PM

June 3: BBQ Chicken with scalloped potatoes and garden salad.

June 10: Smokies/Italian sausages and chicken wings, macaroni salad, coleslaw.

June 17: Chicken shawarma wraps with lemon and herbed potatoes and Greek salad.

June 24: Momma Nona's lasagna w/ garlic toast and garden fresh salad.

Happier Hour

FRIDAYS 3PM - 5PM

June 6: Bingo!

June 13: Halloween Trivia/Karaoke

June 20: Nintendo Tournament

June 27: Donut Appreciation Night: Simpsons Style

JUNE

Heal from home!

Virtual All-Pathways Meetings 6pm - 7pm

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



<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

JUNCTION COMMUNITY CENTRE NORTH SHORE

 **Lookout**
Housing + Health Society