

TUESDAYS

1:00pm - 2:30pm

Writer's Block

Creative Journaling with
Shannon

3:00-5:00pm

Pre-Dinner Games

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

6:00pm - 7:00pm

All-Pathways

Hybrid

SATURDAYS

12:00pm - 1:00pm

All-Pathways

1:00pm - 2:00pm

Trauma-Informed
Yoga & Movement

2:00pm - 5:00pm

Building Back
Coffee & Chat

WEDNESDAYS

12:30pm - 2:30pm

Trail Walks w/ Bahar!

A different route each
week, suitable for a range
of fitness levels

3:00pm - 5:00pm

Building Back
Coffee & Chat

Milestones Oct 15th



5:00 pm - 6:30 pm

Pet Book Project

more details next page

THURSDAYS

10:00am - 11:30am

Smudge & Feather



A sharing circle to
discuss recovery and
spirituality from an
Indigenous
perspective

11:30am - 2:00pm

Followed by cultural
activities or workshops.

2:30pm - 4:00pm

Navigating Recovery
(RSVP required)

4:00pm - 5:00pm

All-Pathways

FRIDAYS

10:00am-12:00pm

Building Back
Coffee & Chat

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



October

☎ 604-256-8979 📞 778-789-0643

✉ junctionnorthshore@lookoutsociety.ca

📍 1645 Lonsdale Avenue, North Vancouver



Dinner Menu

TUESDAYS @ 5PM

October 7: Butter Chicken, basmati rice, naan

October 14: Turkey Dinner with all the fixin's

October 21: Pesto Chicken & Mac bake

October 28: Beef & potato stew and crusty bread

Happier Hour

FRIDAYS 3PM - 5PM

October 3: Bingo!

October 10: Family Feud Karaoki

October 17: Office Olympics

October 24: BOWLING @ King Pins

October 31: Spooooooky Trick or Trivia!



October

Heal from home!

Virtual All-Pathways

Meetings 6pm - 7pm

- Mondays
- Tuesdays*
- Wednesdays
- Thursdays
- Saturdays

**hosted by NSJ*

<https://vancouvercoastalhealth.zoom.us/j/9123456789>

MEETING ID: 244 730 7088
PASS CODE : 280265

PET BOOK PROJECT

Do you have, or have you had, a pet who is your best friend? Now is your chance to commemorate your soul-mate in a specially-designed book, using your own words and photos. Kate will help you fill the pages with stories and messages about why your pet is so special to you. When your design is complete, you'll receive a custom printed book as a keepsake.