

Tuesdays

Writer's Block w/
Shannon 1pm-2:30pm
(creative writing)

**Pre-Dinner Games at
3pm**

Dinner at 5pm

All-Pathways *Hybrid*
at 6pm

Wednesdays

Trail Walks w/ Bahar -
leave NSJ at 12:30pm

2SLGBTQIA+ All-
Pathways at 2pm

Music Makers w/
Kerstie 3pm-5pm

Pet Book Project 5pm-
6:30pm

Cozy movies at 5pm

Thursdays

Smudge & Feather at
10am

with Cultural Activities
at 11:30am

Chill Skills w/ Tina
2:30pm-4pm

All-Pathways at 4pm

Fridays

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

Process Group w/ Roz
at 11:30am

Intro to DBT w/ Roz at
1:30pm

Happier Hour at 3pm

Saturdays

Drop-in Recovery
Navigation 10am-12pm

All-Pathways at 12pm

Trauma-Informed
Yoga & Movement at
1pm

**Building Back Coffee &
Chat 3pm-5pm**



Call: 604-256-8979
Text: 778-789-0643

Email: junctionnorthshore@lookoutsociety.ca

**Visit us: 1645 Lonsdale
Avenue, North Vancouver**



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Dinners

November 4: Beef Stroganoff, Garlic bread, Caesar salad

November 11: Greek Chicken Wraps with Greek salad

November 18: Butter Chicken with Naan and Garden Salad.

November 25: Chicken and Broccoli Alfredo with Garlic Bread and Caesar salad.

Happier Hour

November 7: BINGO

November 14: Who Dunnit?!
(Detective Party Games)

November 21: Scattergories game

November 28: "Never-ending Summer"

Heal from home!

Virtual All-Pathways Meetings 6pm - 7pm

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

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

MEETING ID: 244 730 7088
PASS CODE : 280265

MUSIC MAKERS

We're excited to announce the launch of Kerstie's new student music therapy program beginning this November at the North Shore Junction!

This engaging program invites participants of all ages and abilities to explore creativity, self-expression, and connection through music.

Led by Kerstie, sessions will focus on the therapeutic power of rhythm, song, and collaboration to support emotional well-being and community building.

NOVEMBER



Lookout
Housing + Health Society

JUNCTION
COMMUNITY CENTRE
NORTH SHORE