

Tuesday

Writer's Block w/
Shannon
1:00pm-2:30pm
(creative journaling)



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

Dinner

at 5pm

All-Pathways at 6pm

Hybrid

Wednesday

**Building Back Coffee &
Chat 12:30pm-2:30pm**

All-Pathways at 2:30pm

*Drop in to see the
Recovery Navigator
2pm-4pm*

**Music Makers w/ Kerstie
3pm-5pm**

Cozy movies at 5pm

Thursday

Smudge & Feather:
sharing circle starts at
10am

Trauma-Informed Yoga
& Movement at 12pm

**Chill Skills with Tina
2:00-3:30pm**

SMART Recovery at 4pm

Friday

Art Expressions w/ Kate
11:00a - 12:30pm

Process Group w/ Roz
11:30a - 1pm

Intro to DBT w/ Roz
1:30 - 3:00pm

**Happier Hour 3-5pm
(reverse for details)**

Saturday

All-Pathways at 12pm

Trauma-Informed Yoga
& Movement at 1pm

**Building Back Coffee &
Chat 2pm-5pm**

Want to know more?!

Let's CHAT!

Call: 604-256-8979

Text: 778-789-0643

Email:

**junctionnorthshore@lookout
society.ca**

Come see us at:

**1645 Lonsdale Avenue, North
Vancouver**



Lookout
Housing + Health Society

JUNCTION

**COMMUNITY
CENTRE
NORTH SHORE**

FEBRUARY

Tuesday Dinners

FEBRUARY 3: Lasagna, Caesar Salad, Garlic Bread

February 10: Salisbury Steak, Green Beans, Mashed Potato & Gravy

February 17: Breakfast for dinner

February 24: Butter Chicken, Rice, Naan, and Garden Salad

**Happier Hour
every Friday: 3-5pm**

**February 6: BINGO – Be part of the legacy!
Putting the fun in Junction since 2025!**

February 13: Open Mic Talent Show

February 20: Bowling!

February 27: Lantern-making for lunar new year



HEAL FROM HERE

HEAL FROM THERE!

Virtual All-Pathways Meeting


- Mondays, Tuesdays*, Wednesdays, Thursdays, Saturdays
*hosted by NSJ after Tuesday Dinner

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

MEETING ID: 244 730 7088
PASS CODE : 280265

Eagle ceremony:

**Join the Junction on February 18th in
honoring an eagle bird and
participate in harvesting of feathers
for ceremonial and spiritual
purposes**



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JUNCTION COMMUNITY CENTRE
NORTH SHORE

FEBRUARY