

## 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\*

## 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)



## 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

## Saturday

All-Pathways at 12pm

Trauma-Informed Yoga  
& Movement at 1pm

**Building Back Coffee & Chat 2pm-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

**Want to know more?!**

**Let's CHAT!**

**Call: 604-256-8979**

**Text: 778-789-0643**

**Email:**

**[junctionnorthshore@lookout  
society.ca](mailto:junctionnorthshore@lookoutociety.ca)**



**Come see us at:**

**1645 Lonsdale Avenue, North  
Vancouver**

**F  
E  
B  
R  
U  
A  
R  
Y**

## 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/my/junctionallpathways>

**MEETING ID: 244 730 7088  
PASS CODE : 280265**

**Eagle ceremony:**

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



FE  
B  
R  
U  
A  
R  
Y