

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

SMART Recovery at
12pm

Chill Skills at 1:00-
2:30pm

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

Cozy movies at 5pm

Thursday

Smudge & Feather:
sharing circle starts at
10:30am

Trauma-Informed Yoga
& Movement at 12pm

Building Back Coffee &
Chat 12:30pm-3:30pm

All-Pathways 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@
lookoutsociety.ca](mailto:junctionnorthshore@lookoutsociety.ca)**

Come see us at:

**1645 Lonsdale Avenue,
North Vancouver**



**M
A
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Tuesday Dinners

March 2: Salisbury steak, green beans, gravy and mashed potatoes

March 9: Chicken Souvlaki Wrap, Greek Salad and lemon potatoes

March 16: broccoli, chicken alfredo with salad and garlic bread

March 23: Taco Tuesday!

March 30: Butter Chicken, naan and salad



VIRTUAL ALL-PATHWAYS

5 days a week from 6pm-7pm

Mondays, Tuesdays*, Wednesdays, Thursdays, Saturdays

**hosted by NSJ after Tuesday Dinner*

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

MEETING ID: 244 730 7088
PASS CODE : 280265



Happier Hour every Friday: 3-5pm

March 6th: BINGO!

March 13th: Tie Dye!

March 20th: Nowruz (Persian New Year) celebration

March 27th: Junction Gamestravaganza

Beads of Belonging



Join us on March 12 & March 19th
for cultural activity

12:30 - 2 pm



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