

## Tuesday

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

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

**Dinner** at 5:00 pm

All-Pathways 6:00 pm  
\*Hybrid\*

## Wednesday

All-Pathways  
12:30 - 1:30 pm

Navigating Recovery  
1:30 - 3:00 pm  
(RSVP required - see reverse  
for details)

Music Makers w/  
Kerstie 3:00 - 5:00 pm

**Building Back Coffee  
& Chat** 5:00 - 7:00 pm

## Thursday

Smudge & Feather:  
Sharing circle 10:30 am

Smart Recovery  
1:30 - 2:30 pm

What the Rec?!  
3:00 - 5:00 pm  
Rotating schedule of  
movement activities like gym,  
hike, pickleball, etc.



**Want to know more?!  
Let's CHAT!**

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

Email:  
**junctionnorthshore@  
lookoutsociety.ca**

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## Friday

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

Process Group w/ Roz  
11:30 - 1:00 pm  
Intro to DBT w/ Roz  
1:30 - 3:00 pm

**Happier Hour**  
3:00 - 5:00 pm



## Saturday

All-Pathways 12:00 pm

Trauma-Informed  
Yoga & Movement 1:00  
pm

**Building Back Coffee &  
Chat** 2:00 - 5:00 pm



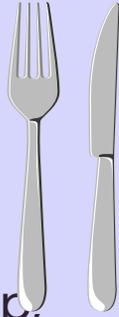
**Lookout**  
Housing + Health Society

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## Tuesday Dinners

**April 7:** Salisbury Steak, Green Beans, Gravy and Mashed Potatoes



**April 14:** Chicken Souvlaki Wrap, Greek Salad and Lemon Potatoes

**April 21:** Pulled Pork/Chicken Sandos with Coleslaw & Tater Wedges!

**April 28:** Lasagna, Caesar Salad & Garlic Bread

## VIRTUAL ALL-PATHWAYS

**5 days** a week from 6pm - 7pm

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

[https://vancouvercoastalhealth.zoom.us/my/junctionallpathways](https://vancouvercoastalhealth.zoom.us/junctionallpathways)

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



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## Happier Hour Fridays 3-5pm

**April 3 :** BINGO!



**April 10 :** Movie Night

**April 17:** Vancouver Art Gallery

**April 24:** Junction Family Feud



## NAVIGATING RECOVERY

Join this 4-session group to learn more about recovery pathways and strategies.

Apr **8**, Apr **15**, Apr **22**, Apr **29**  
RSVP required - talk to Marcus!



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