

## Tuesday

Writer's Block w/ Shannon  
1:00 – 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

**STAY TUNED!**

new program  
coming in June!

All-Pathways @ 4pm

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

## Thursday

Smudge & Feather  
• Sharing Circle @ 10:30  
• Cultural Activity @ 12:00pm

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.

## 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

**It's  
May**

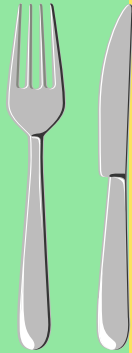
## Tuesday Dinners

**May 5:** Special meal for Red Dress Day

**May 12:** Salisbury steak, green beans, gravy and mashed potatoes

**May 19:** Pulled chicken sandos, potato wedges, cole slaw

**MAY 26:** 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**



## Happier Hour Fridays 3-5pm

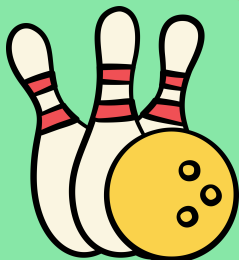
**May 1:** BINGO!

**May 8:** Bowling

**May 15:** Karaoke

**May 22:** Board Game Extravaganza

**May 29:** Cozy Movie!



May 5<sup>th</sup> is Red Dress Day, which honors and raises awareness for Missing & Murdered Indigenous Women, Girls, and 2-Spirit Folx. Junction has invited Godwyn and Serena to lead a sharing circle and ceremony to commemorate this day.



Sign up to join us on Wednesday, May 20<sup>th</sup> for a trip to the Sea to Sky Gondola! We will have explore and have lunch at the summit.

**Get in touch with us!**

Call: **604-256-8979**

Text: **778-789-0643**

Email: **junctionnorthshore@lookout society.ca**

