

## 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

**Building Back Coffee & Chat**

1:00 - 4:00 pm

All-Pathways @ 4pm

Shift Happens  
(Registration  
Required)  
5:30 - 6:30 pm



## Thursday

Smudge & Feather

- Sharing Circle @ 10:30
- Cultural Activity (once a month)

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  
June

## Tuesday Dinners

**June 2:** Chicken Souvlaki Wrap, Greek Salad and Lemon Potatoes

**June 9:** Beef Stroganoff & Green Salad

**June 16:** Butter Chicken with Naan and Garden Salad

**June 23:** BBQ Ribs with Potato Salad

**June 30:** Pulled Chicken Sandos with Coleslaw & Tater Wedges



## VIRTUAL ALL-PATHWAYS

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

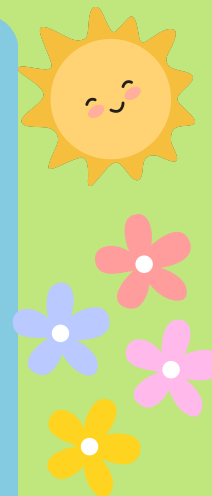
Mondays, Tuesdays\*, Wednesdays, Thursdays, Saturdays

*\*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

**June 5:** Bingo

**June 12:** Ice Cream Adventure

**June 19:** Outdoor Games

**June 26:** Ping Pong Tournament



**Indigenous Peoples Day is June 21<sup>st</sup> - join us on Saturday June 20<sup>th</sup> to celebrate in the park with a BBQ and cultural activities.**

**Sign up to join us on June 27<sup>th</sup> for a trip to the Murdo Frazer for Pitch and Putt!**



**Get in touch with us!**

Call: **604-256-8979**

Text: **778-789-0643**

Email: **junctionnorthshore@lookoutsociety.ca**

