

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 5:30ish pm
*In-Person (after dinner)

Wednesday

Building Back Coffee & Chat *

2:00 – 5:00 pm

*Milestones Party July 8

Shift Happens
(Registration
Required)

5:30 – 6:30 pm



All-Pathways 6:00 pm
(hybrid)

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

Creative Pulpury
(with Mindfulness
Practices)
1–2pm

Building Back Coffee & Chat 2:00 – 5:00 pm

It's July

Tuesday Dinners

July 7: Salisbury steak, green beans, gravy and mashed potatoes

July 14: JUNCTION'S 2ND ANNIVERSARY! SPECIAL DINNER

July 21: Chicken Souvlaki Wrap, Greek Salad and Lemon Potatoes

July 28: Butter Chicken with Naan and Garden Salad



VIRTUAL ALL-PATHWAYS

5 days a week from 6pm - 7pm

Mondays, Tuesdays, Wednesdays, Thursdays, Saturdays

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

MEETING ID: **244 730 7088**

PASS CODE : **280265**



Happier Hour Fridays 3-5pm

July 3: Bingo

July 10: Teddy Bear Picnic?

July 17: Karaoke

July 24: Outdoor games

July 31: Heritage Day



Sign up on the back of the whiteboard to join us on a trip to Panorama Park in Deep Cove on July 23rd!



Get in touch with us!

Call: **604-256-8979**

Text: **778-789-0643**

Email: **junctionnorthshore@lookoutsociety.ca**