

August

JUNCTION
COMMUNITY
CENTRE
NORTH SHORE

 **Lookout**
Housing + Health Society

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 and Chat

2:00 – 5:00 pm

*Milestones Party August 5

*Cultural Activity August 26

Shift Happens
(Registration
Required)

5:30 – 6:30 pm



All-Pathways 6:00 pm
(hybrid).

Thursday

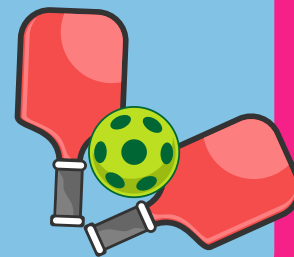
Smudge & Feather
Sharing Circle @ 10:30am

Qigong
12:30 – 1:30 pm

NEW

SMART Recovery
1:30 – 2:30 pm

What the Rec?!
3:00 – 5:00 pm



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) 1:00 – 2:00pm

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



Tuesday Dinners

August 4: Lasagna, Caesar Salad & Garlic Bread

August 11: Butter Chicken with Naan and Garden Salad

August 18: Mac and Cheese with Garden Salad

August 25: BBQ Ribs with Potato Salad

Virtual All-Pathways

5 days a week from 6pm - 7pm

Mondays, Tuesdays, Wednesdays, Thursdays, Saturdays

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

MEETING ID: **244 730 7088**

PASS CODE : **280265**

Happier Hour Fridays 3-5pm

August 07: Bingo

August 14: Cozy Movies

August 21: Office Olympics

August 28: Tie Dye!!!

Coastal Form Line
Drawing Class
(Indigenous Art)
with JP Wednesday
August 26
from 2pm-5pm

Sign up to join us on
August 8th for a trip
to the Murdo Frazer
for Pitch and Putt!



Get in touch with us!

Call: **604-256-8979**

Text: **778-789-0643**

Find us at 1645 Lonsdale Avenue, North Vancouver

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