

TUESDAYS

12:30pm - 2:30pm
Trail Walk

Join Bahar for a different route every week. Routes are appropriate for a wide range of fitness levels. Start together, end together.

4:00pm-7:00pm

Building Back Dinner & Chat

Open drop-in hours
Dinner served @ 5pm

6:00pm-7:00pm

*All-Pathways *Hybrid**

WEDNESDAYS

12:00pm-1:30pm
Life Bites!

A new life skills topic each week; topics chosen by request!

2:00pm - 3:30pm

Navigating Recovery

4 session learning group
RSVP required - talk to Patty!

4:00pm-7:00pm

Building Back Coffee & Chat

Open drop-in hours

THURSDAYS

11:00am - 1:00pm
Birds of a Feather

Expanded

Ben leads an Indigenous recovery group, *plus* a new cultural activity each week

1:30pm - 2:30pm

All-Pathways

2:00pm-5:00pm

Building Back Coffee & Chat

Open drop-in hours

FRIDAYS

10:00am-1:00pm
Building Back Arts & Crafts

Open drop-in hours

1:30pm - 3:00pm

Intro to DBT (Dialectical Behaviour Therapy) with Counsellor Roz

3:00pm - 5:00pm

Happier Hour

Monthly rotation of fun social events like bingo, retro games, Nintendo party, etc.

SATURDAYS

10:00am-12:00pm
Gardening Club & BBQ Lunch

registration required

12:00pm - 1:00pm

All-Pathways

1:00pm - 2:00pm

Trauma-informed yoga & moving meditation

2:00pm-5:00pm

Building Back Coffee & Chat

Open drop-in hours

March

P: 604-256-8979

Text us at 778-789-0643

junctionnorthshore@lookoutsociety.ca
1645 Lonsdale Avenue, North Vancouver

JUNCTION
COMMUNITY CENTRE
NORTH SHORE



Lookout
Housing + Health Society

DROP-IN HOURS

Curious about Junction? Come visit during our drop-in hours (highlighted). Meet with our peers and staff, and chat with other folks on a recovery journey.

Not sure this is right for you? Consider meeting 1:1 with a peer support worker, someone who has lived experience of substance use and recovery.

Don't forget!

Virtual All-Pathways
Meetings - 6pm-7pm

- Mondays
- Tuesdays
- Wednesdays
- Thursdays
- Saturdays



<https://vancouvercoastalhealth.zoom.us/j/2447307088>

MEETING ID: 244 730 7088
PASS CODE : 280265

Tuesday Junction Dinners

March 4

Chicken teriyaki w/ rice and garden salad

March 11

Penne Bolognese, garlic bread, Caesar salad

March 18

Butter chicken w/ rice and naan

March 25

Chicken & mushroom rotini, garlic bread, Caesar salad

Happier Hour

Fridays 3pm-5pm

March 7



March 14

Tournament of Games

March 21

World Cafe - Cultural Show & Tell

March 28

OPEN MIC



March

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