

DASH

Fall 2022

DASH is a girls' club focusing on growing in virtue and friendship run by Crestwell Centre (3637 Angus Drive).

Grade 10-12

September

- 16 Introductory Session
- 23 Recollection + Games
- 30 Love / Apology Languages

October

- 7 NO DASH
- 14 Q&A Session with Father
- 21 Recollection + Slideshows
- 28 Movie Night

November

- 4 Guest Speaker - Dawn Cooper
- 11 NO DASH
- 18 Living Your Faith in the World
- 25 Recollection + Movie

December

- 2 SJB Play Outing (Abbotsford)
- 9 Christmas Baking
- 16-18 Workshop at Copper Ridge
- 23 NO DASH

General Schedule

- 4:45 pm Meditation
- 5:05 pm Formation / Confessions
- 5:45 pm Bring Your Own Dinner
- 6:45 pm Visit to the Blessed
Sacrament / Clean Up
- 7:00 pm Activity
- 8:30 pm End

Registration

\$30 / term or \$50 / year
Click Here for [Registration Form](#)

Activities

Weekly activities may include leadership projects, guest speakers, volunteer opportunities, discussions, or fun activities.

Spiritual Formation

Meditation (prayer led by the priest), confessions, spiritual direction, and doctrine classes are offered every week.



Crestwell is sponsored by Headford Cultural Group, a registered charity whose spiritual activities are entrusted to Opus Dei, an institution of the Roman Catholic Church.