

# DASH

# Spring 2023

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

Grade 10-12

## January

- 13 Skating
- 20 Recollection + Board Games
- 27 NO DASH (Retreat)

## February

- 3 Valentine's Cards
- 10 Leader In Your Life (Slideshows)
- 17 NO DASH (Family Day)
- 24 Recollection

## March

- 3 Fundraising for Camp
- 10 Post-Secondary Panel
- 18 Saturday - Hike (TBD)
- 24 Recollection
- 31 Movie Night

## April

- 7 NO DASH (Good Friday)
- 14 Guest Speaker
- 21 Recollection
- 28 Neighbourhood Clean Up

## General Schedule

- 4:45 pm Activity
- 6:15 pm Bring Your Own Dinner
- 7:00 pm Formation
- 7:30 pm Meditation  
Confessions/Mentoring
- 8:30 pm End

## Registration

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

## Activities

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

Join the formation via zoom if you cannot join in person. Email [dash.vancouver@gmail.com](mailto:dash.vancouver@gmail.com).

## 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.*