

# 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
- 28 Movie Night

## November

- 4 Living Our Faith in the World
- 11 NO DASH
- 18 Devil's Advocate / Debate
- 25 Recollection

## December

- 2 Soulmate w/o Losing Your Soul
- 9 Christmas Baking
- 16-18 Workshop at Copper Ridge
- 23 NO DASH

## General Schedule

- 4:45 pm Meditation
- 5:15 pm Doctrine Class / Circle
- 6:00 pm Bring Your Own Dinner
- 6:45 pm Visit to the Blessed Sacrament
- 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.*