

# DASH

# FALL 2023

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

GRADE 10-12

## SEPTEMBER

- 15 Introductory Session
- 22 Recollection + Painting
- 29 NO DASH

## OCTOBER

- 6 Lipsync Battle
- 13 Embroidering
- 20 Recollection + Games Day
- 27 Movie Night

## NOVEMBER

- 3 Guest Speaker
- 10 NO DASH
- 17 Outing
- 24 Slide Shows - Presentation Day

## DECEMBER

- 1 Christmas Cards
- 8 Christmas Baking
- 15 Workshop
- 22 TRIDUUM
- 29 NO DASH

## 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, outings, 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.