

# DASH

SPRING 2026

## January

- 16 Session
- 23 NO DASH-Silent Retreat
- 30 Service Activity

## February

- 6 Session
- 13 NO DASH-Family Day Weekend
- 20 Service Activity
- 27 Guest Speaker

## March

- 6 TBD
- 13 Session
- 20 No DASH-Spring Break
- 27 Service Activity

## April

- 3 No DASH-Good Friday
- 10 Session
- 17 Service Activity
- 24 Session

### What is DASH?

A GIRLS CLUB DEDICATED TO:

1. EMPOWERING LEADERS
2. INSPIRING SERVICE
3. FOSTERING SPIRITUAL AND HUMAN FORMATION

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### Schedule\*

- 5:00 SESSION
- 6:00 DINNER
- 6:45 FORMATION
- 7:30 MEDITATION/PRAYER
- 7:45 MENTORING/CONFESION
- 8:30 END

\*THIS SCHEDULE IS FLEXIBLE

### Registration



\$35 FOR THE TERM (JAN-APR)

\$55 FOR THE YEAR (SEPT-JUN)



3637 ANGUS DR.

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.