

# Recovery Groups

## All-Pathways

A 12-step alternative mutual support group, discussion-based on various recovery and wellness topics. [1hr]

## Art Expressions

Join us for some Therapeutic art projects. Artistic skill is not a requirement. [1hr]

## Music Makers

A music workshop to free your creative expression. We have instruments! Just bring yourself. [1hr]

## Walking Group

Join us for a walk starting at the Rockwood. For your mind and body [1hr]

## Refuge Recovery

A practice, a process, a set of tools, a treatment, and a path to healing addiction based in Buddhist philosophy. [1hr]

## SMART Recovery

Self Management for Addiction Recovery, a free support meeting group open to anyone seeking science-based, self-empowered addiction recovery. [1hr]

## Mindful Movement

A trauma-informed movement class inclusive of all experience levels. We have mats! Just bring yourself and some comfy clothes. [1hr]  
\*Women's only Wednesdays (self-identified).



[sunshinecoastjunction@vch.ca](mailto:sunshinecoastjunction@vch.ca)



604-989-3148



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COMMUNITY  
CENTRE  
SUNSHINE

*a place to Share,  
Belong & Heal*

**We are a substance use  
recovery community built  
through programming on the  
lower Sunshine Coast, BC.**

*let's Connect you  
wherever you are  
on your journey*



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Rockwood Lodge, 5511 Shorncliffe  
Ave, Sechelt, V0N 3A7

Vancouver  
CoastalHealth

## TUESDAY

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3

- 12:00p** Walking Group
  - 1:30p** All Pathways
  - 3:00p** Music Makers
- 

10

- 12:00p** Walking Group
  - 1:30p** All Pathways
  - 3:00p** Music Makers
- 

17

- 12:00p** Walking Group
  - 1:30p** All Pathways
  - 3:00p** Music Makers
- 

24

- 12:00p** Walking Group
  - 1:30p** All Pathways
  - 3:00p** Music Makers
- 

## WEDNESDAY

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4

- 12:00p** Mindful Movement  
\*Women Only\*
  - 2:00p** SMART Recovery
  - 3:00p** Building Back Coffee & Chat
- 

11

- 12:00p** Mindful Movement  
\*Women Only\*
  - 2:00p** SMART Recovery
  - 3:00p** Building Back Coffee & Chat
- 

18

- 12:00p** Mindful Movement  
\*Women Only\*
  - 2:00p** SMART Recovery
  - 3:00p** Building Back Coffee & Chat
- 

25

- 12:00p** Mindful Movement  
\*Women Only\*
  - 2:00p** SMART Recovery
  - 3:00p** Building Back Coffee & Chat
- 

## THURSDAY

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5

- 12:00p** Mindful Movement
  - 1:30p** Refuge Recovery
  - 3:00p** Art Expressions
- 

12

- 12:00p** Mindful Movement
  - 1:30p** Refuge Recovery
  - 3:00p** Art Expressions
- 

19

- 12:00p** Mindful Movement
  - 1:30p** Refuge Recovery
  - 3:00p** Art Expressions
- 

26

- 12:00p** Mindful Movement
  - 1:30p** Refuge Recovery
  - 3:00p** Art Expressions
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# September