

# Recovery Groups

## Mindful Movement

A trauma-informed mindfulness and movement class inclusive of all experience levels. We have mats! Just bring yourself and some comfy clothes. [1hr]

[Women's Only on Tuesdays] (self-identified).

[Thursday - everyone welcome]

## Intro to Weight Training \*Registration Required\*

Learn the basics of weight training in the gym with expert personal training, gentle support, and a welcoming, inclusive community to help you build a regular exercise routine. [1hr]

## SMART Recovery

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

## All Pathways

An open and welcoming support group for people seeking or maintaining a wellness & recovery lifestyle. Discussion-based meeting with various recovery and wellness topics. [1hr]

## Eight Step Recovery

Both a dharma recovery book, and an alternative recovery program to 12 step programs. It uses the Buddhist teachings to overcome addiction. [1hr]



junctionbc.ca



sunshinecoastjunction@vch.ca



604-989-3148



*Register here!*

JUNCTION

JUNCTION 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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Vancouver  
CoastalHealth

## TUESDAY

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- 2:30p** Mindful Movement  
[Womens Only]  
\*at Yoga by the Sea  
1055 Roberts Creek Rd,  
Roberts Creek
- 4:30p** All Pathways  
\*at Public Health Gibsons  
821 Gibsons Way, Gibsons

## THURSDAY

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- 1:30p** Mindful Movement  
[Open to Everyone]  
\*at the Rockwood Lodge  
5511 Shorncliffe Ave, Sechelt
- 3:00p** Eight Step Recovery  
\*at the Rockwood Lodge  
5511 Shorncliffe Ave, Sechelt

## WEDNESDAY

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- 10:30a** Intro to Weight Training  
\*at the Community Center  
[Registration Required -  
604-989-3148]
- 12:15p** SMART Recovery  
\*at Sunshine Coast Mental Health  
Building # 1 next to the Hospital  
5542 Sunshine Coast Hwy, Sechelt

## FRIDAY

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- 3:00p** All Pathways  
\*at Sunshine Coast Mental Health  
Building #1 next to the Hospital\*  
5542 Sunshine Coast Hwy, Sechelt

**Online All Pathways** - 6pm-7pm Mon, Tues, Wed, Thurs, & Sat  
<https://vancouvercoastalhealth.zoom.us/my/junctionallpathways>  
Meeting ID: 244 730 7088 Pass Code : 280265

# June