

RECOVERY GROUPS

ALL-PATHWAYS

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

SMART RECOVERY

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

For more information, visit:
junctionbc.ca OR email us at
sunshinecoastjunction@vch.ca



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 Tuesdays (self-identified).
Thursday - everyone welcome

INTRO TO WEIGHT TRAINING

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]

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]

★ Registration Required

To register, call:
604-885-8678



A PLACE TO SHARE, BELONG, AND HEAL

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



EMAIL

sunshinecoastjunction@vch.ca



PHONE

604-885-8678

Vancouver
Coastal Health



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2:30 PM Mindful Movement [Womens Only]</p> <p>Located at: Yoga by the Sea 1055 Roberts Creek Rd, Roberts Creek</p>	<p>10:45 AM Intro to Weight Training ★</p> <p>Located at: the Community Centre</p>	<p>1:30 PM Mindful Movement [Open to Everyone]</p> <p>Located at: The Rockwood Lodge 5511 Shorncliffe Ave, Sechelt)</p>	<p>3:00 PM All Pathways</p> <p>Located at: Sunshine Coast Mental Health Building #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p>
<p>4:30 PM All Pathways</p> <p>Located at: Public Health Gibsons 821 Gibsons Way, Gibsons</p>	<p>12:15 PM SMART Recovery</p> <p>Located at: Sunshine Coast Mental Health Building #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p>	<p>3:00 PM Eight Step Recovery</p> <p>Located at: The Rockwood Lodge 5511 Shorncliffe Ave, Sechelt)</p>	<p>★ Registration Required Call: 604-885-8678</p>

ALL PATHWAYS
(VIRTUAL)



Monday through
Thursday & Saturday



6 PM to 7 PM

**AUGUST
2025**

Online Session via  zoom

<https://vancouvercoastalhealth.zoom.us/junctionallpathways>

Meeting ID: 244 730 7088 **Pass Code:** 280265