

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]

SEEKING SAFETY

A Therapist-led group for people with lived experience in both PTSD and Substance Abuse. The treatment program is based on Safety as the priority and uses modalities such as Cognitive Behavioral Therapy and Grounding. A variety of topics relevant to recovery are focused on to build skills and resource participants. [1hr]

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

MINDFUL ART

This group blends mindfulness and expressive arts, offering a variety of tactile and sensory-based activities that help people build resilience and connection. [1hr]

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] *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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4:00 PM All Pathways</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>*No Groups on Oct 13 due to Thanksgiving*</p>	<p>10:00 AM RC All Pathways ★</p> <p>2:30 PM Mindful Movement [Open to All] Located at: Yoga By the Sea 1055 Roberts Creek Road, Roberts Creek, BC V0N 2W0</p> <p>4:30 PM All Pathways Located at: Public Health Gibsons 821 Gibsons Way, Gibsons</p>	<p>10:30 AM Intro to Weight Lifting ★</p> <p>5:00 PM Seeking Safety ★</p>	<p>2:30 PM Mindful Art Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>4:00 PM Eight Step Recovery Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p>	<p>4:00 PM SMART Recovery</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>★ Registration Required Call: 604-885-8678</p>

ALL PATHWAYS
(VIRTUAL)

Monday through
Thursday & Saturday


6 PM to 7 PM

Online Session via 
<https://vancouvercoastalhealth.zoom.us/j/unctionallpathways>
Meeting ID: 244 730 7088 **Pass Code:** 280265

OCTOBER
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4:00 PM All Pathways</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>*No Groups on Oct 13 due to Thanksgiving*</p>	<p>10:00 AM RC All Pathways ★</p> <p>2:30 PM Mindful Movement [Open to All]</p> <p>Located at: Yoga By the Sea 1055 Roberts Creek Road, Roberts Creek, BC V0N 2W0</p> <p>4:30 PM All Pathways</p> <p>Located at: Public Health Gibsons 821 Gibsons Way, Gibsons</p>	<p>10:30 AM Intro to Weight Lifting ★</p> <p>5:00 PM Seeking Safety ★</p>	<p>2:30 PM Mindful Art</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>4:00 PM Eight Step Recovery</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p>	<p>2:30 PM Tea & Chat With Elder Bev</p> <p>Only on: October 10, 2025 October 24, 2025</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>4:00 PM SMART Recovery</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>★ Registration Required Call: 604-885-8678</p>

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Thursday & Saturday


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Online Session via 
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OCTOBER
2025

Recovery Groups

JUNCTION


Vancouver
CoastalHealth

Sunshine Junction

*a place to Share,
Belong & Heal*

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

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

 604-813-9072 / 604-741-1528

 sunshinecoastjunction@vch.ca

 Rockwood Lodge, Sechelt

Reiki

An energy healing modality helpful for releasing tensions, anxieties, and blocked emotional energies within the body.

SMART Recovery

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

Yoga

A trauma-informed yoga class inclusive of all experience levels. We have mats! Just bring yourself and some comfy clothes. Women's only Wednesdays (self-identified).

Register here!

Art Expressions

Find new ways to express yourself through art - no experience or artistic skill is necessary!

All-Pathways

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

Refuge Recovery

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



sunshinecoastjunction@vch.ca



604-813-9072 / 604-741-1528

TUESDAY

2

12.30p All-Pathways

9

12.30p All-Pathways

16

12.30p All-Pathways

23

12.30p All-Pathways

30

12.30p All-Pathways

WEDNESDAY

3

1p Art Expressions
2.30p SMART
4p Yoga **women only*

10

1p Art Expressions
2.30p SMART
4p Yoga **women only*

17

1p Art Expressions
2.30p SMART
4p Yoga **women only*

24

1p Art Expressions
2.30p SMART
4p Yoga **women only*
**all who identify as women*

1

THURSDAY

4

1p Refuge Recovery
2.30p Yoga
4p Reiki

11

1p Refuge Recovery
2.30p Yoga
4p Reiki

18

1p Refuge Recovery
2.30p Yoga
4p Reiki

25

1p Refuge Recovery
2.30p Yoga
4p Reiki

2

APRIL
2024

Sunshine
Junction

Recovery Groups

JUNCTION

Art Expressions

Find new ways to express yourself through art - no experience or artistic skill is necessary! [1hr]

All-Pathways

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

Breath Meditation

A meditation focused on breathing into the body. Set to live music throughout to relax and soothe your nervous system. [1hr]

Music Workshop

A music workshop to free your creative expression. We have instruments! Just bring yourself and your voice. [2hrs]

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

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Yoga

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**Women's only Tuesdays (self-identified).*




JUNCTION COMMUNITY CENTRE
SUNSHINE


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 Rockwood Lodge, Sechelt

 sunshinecoastjunction@vch.ca

 604-813-9072 / 604-741-1528

TUESDAY

30

JUN 
MAY
2024 **CTION**

7

Street Degree
event

14

12.30p SMART
2p Yoga *women only
3.30p Music Workshop

21

12.30p SMART
2p Yoga *women only
3.30p Music Workshop

28

12.30p SMART
2p Yoga *women only
**all who identify as women*
3.30p Music Workshop

WEDNESDAY

1

1p All-Pathways

4p Art Expressions

8

12.30p SMART
2p Yoga *women only
3.30p Music Workshop

15

1p All-Pathways

4p Art Expressions

22

1p All-Pathways

4p Art Expressions

29

1p All-Pathways

4p Art Expressions

THURSDAY

2

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

9

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

16

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

23

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

30

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

Recovery Groups

All-Pathways

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

Building Back Coffee & Chat

Social drop-in group to enjoy refreshments, join in social and recreational activities, and spend time with peers and others in the community! [1hr]

Breath Meditation

A meditation focused on breathing into the body. Set to live music throughout to relax and soothe your nervous system. [1hr]

Healing Connections

An *online* support group to share personal experiences and feelings, coping strategies and first-hand information about personal roads to recovery through opioid agonist replacement therapy (OART).

Music Workshop

A music workshop to free your creative expression. We have instruments! Just bring yourself and your voice. [2hrs]

Refuge Recovery

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Yoga

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 Rockwood Lodge, Sechelt



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604-813-9072 / 604-741-1528

JUNCTION

TUESDAY

4

**Street Degree
event**

11

1p All Pathways
2.30p Yoga *women only
4p Music Workshop

18

1p All Pathways
2.30p Yoga *women only
4p Music Workshop

25

1p All Pathways
2.30p Yoga *women only
4p Music Workshop

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

WEDNESDAY

5

12p Healing Connections *online*
2.30p SMART Recovery
3.30p Building Back Coffee & Chat

12

12p Healing Connections *online*
2.30p SMART Recovery
3.30p Building Back Coffee & Chat

19

12p Healing Connections *online*
2.30p SMART Recovery
3.30p Building Back Coffee & Chat

26

12p Healing Connections *online*
2.30p SMART Recovery
3.30p Building Back Coffee & Chat

**June
2024**

THURSDAY

6

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

13

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

20

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

27

1p Refuge Recovery
2.30p Yoga
4p Breath Meditation

JUN
TION COMMUNITY
CENTRE
SUNSHINE

RECOVERY GROUPS

ALL-PATHWAYS

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

NAVIGATING RECOVERY

For anyone new to recovery or curious about ways to enhance their skills & confidence in navigating their own recovery unique journey. [1hr]

BREATHWORK

Conscious connected breathing. A meditation accompanied by accelerated breathing for authentic self-discovery, lung health & emotional release. [1hr]

HEALING CONNECTIONS

An *online* support group to share personal experiences and feelings, coping strategies and first-hand information about personal roads to recovery through opioid agonist replacement therapy (OART). [1hr]

MUSIC WORKSHOP

A music workshop to free your creative expression. We have instruments! Just bring yourself and your voice. [1.5hrs]

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]

YOGA WITH LIVE MUSIC

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

**Women's only on Tuesdays (self-identified).*

**REGISTER
HERE!**



**A PLACE TO SHARE,
BELONG & HEAL**

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**LET'S CONNECT YOU
WHEREVER YOU ARE
ON YOUR JOURNEY**



604. XXX. XXX



sunshinecoastjunction@vch.ca



Rockwood Lodge, Sechelt

Vancouver
CoastalHealth



JULY



JUNCTION COMMUNITY
CENTRE
SUNSHINE



604.XXX.XXX



sunshinecoastjunction@vch.ca



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

TUESDAYS

WEDNESDAYS

THURSDAYS



13:00 ALL PATHWAYS

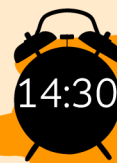


**HEALING
CONNECTIONS**

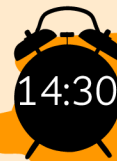
**online*



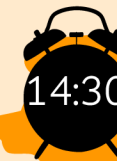
13:00 REFUGE RECOVERY



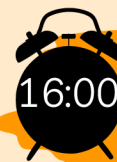
**14:30 YOGA WITH
LIVE MUSIC**
**women only*



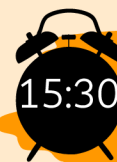
14:30 SMART RECOVERY



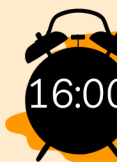
**14:30 YOGA WITH
LIVE MUSIC**



16:00 MUSIC WORKSHOP



**15:30 NAVIGATING
RECOVERY**



16:00 BREATHWORK

ONE-TO-ONE RECOVERY NAVIGATOR SUPPORT

Meet with one of our Recovery Navigators to discuss your personal wellness and recovery goals &/or to connect you with services in your community. Contact us to register for a 1:1 session with a member of our team.

Recovery Groups

All-Pathways

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

Navigating Recovery

For anyone new to recovery or curious about ways to enhance their skills & confidence in navigating their own recovery unique journey. [1hr]

Breath Meditation

Conscious connected breathing. A meditation accompanied by accelerated breathing for authentic self-discovery, lung health & emotional release. [1hr]

Healing Connections

An ***online*** support group to share personal experiences and feelings, coping strategies and first-hand information about personal roads to recovery through opioid agonist replacement therapy (OART).

Music Workshop

A music workshop to free your creative expression. We have instruments! Just bring yourself and your voice. [2hrs]

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]

Yoga with live music

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



sunshinecoastjunction@vch.ca



604-741-1528 / 236-996-4342



Register here!

JUNCTION

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

Vancouver
CoastalHealth

TUESDAY

2

- 1p** All Pathways
2.30p Yoga *women only
4p Music Workshop
-

9

- 1p** All Pathways
2.30p Yoga *women only
4p Music Workshop
-

16

- 1p** All Pathways
2.30p Yoga *women only
4p Music Workshop
-

23

- 1p** All Pathways
2.30p Yoga *women only
-

30

- 1p** All Pathways
2.30p Yoga *women only

WEDNESDAY

3

- 12p** Healing Connections *online*
2.30p SMART Recovery
3.30p Navigating Recovery
-

10

- 12p** Healing Connections *online*
2.30p SMART Recovery
3.30p Navigating Recovery
-

17

- 12p** Healing Connections *online*
2.30p SMART Recovery
3.30p Navigating Recovery
-

24

- 12p** Healing Connections *online*
2.30p SMART Recovery
3.30p Navigating Recovery
-

31

- 12p** Healing Connections *online*
2.30p SMART Recovery
3.30p Navigating Recovery

THURSDAY

4

- 1p** Refuge Recovery
2.30p Yoga
4p Breath Meditation
-

11

- 1p** Refuge Recovery
2.30p Yoga
4p Breath Meditation
-

18

- 1p** Refuge Recovery
2.30p Yoga
4p Breath Meditation
-

25

- 1p** Refuge Recovery
2.30p Yoga
-

July

Recovery Groups

All-Pathways

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

Navigating Recovery

For anyone new to recovery or curious about ways to enhance their skills & confidence in navigating their own recovery unique journey. [1hr]

Healing Connections

An *online* support group to share personal experiences and feelings, coping strategies and first-hand information about personal roads to recovery through opioid agonist replacement therapy (OART).

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]

Conscious Movement

A trauma-informed movement class inclusive of all experience levels. We have mats! Just bring yourself and some comfy clothes. [1hr]
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604-989-3148



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Ave, Sechelt, V0N 3A7

Vancouver
CoastalHealth

TUESDAY

2

1p All Pathways
2.30p Conscious Movement
Women Only

9

1p All Pathways
2.30p Conscious Movement
*women only

16

1p All Pathways
2.30p Conscious Movement
*women only

23

1p All Pathways
2.30p Conscious Movement
*women only

30

1p All Pathways
2.30p Conscious Movement
*women only

WEDNESDAY

3

12p Healing Connections **online**
2.30p SMART Recovery
3.30p Navigating Recovery

10

12p Healing Connections **online**
2.30p SMART Recovery
3.30p Navigating Recovery

17

12p Healing Connections **online**
2.30p SMART Recovery
3.30p Navigating Recovery

24

12p Healing Connections **online**
2.30p SMART Recovery
3.30p Navigating Recovery

31

12p Healing Connections **online**
2.30p SMART Recovery
3.30p Navigating Recovery

THURSDAY

4

1p Refuge Recovery
2.30p Conscious Movement

11

1p Refuge Recovery
2.30p Conscious Movement

18

1p Refuge Recovery
2.30p Conscious Movement

25

1p Refuge Recovery
2.30p Conscious Movement

August

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

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Ave, Sechelt, V0N 3A7

Vancouver
CoastalHealth

TUESDAY

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

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
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3:00p Building Back Coffee & Chat

25

12:00p Mindful Movement
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3:00p Building Back Coffee & Chat

THURSDAY

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

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

September

Recovery Groups

All-Pathways

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

@ Gibsons Supportive Housing

Group Closed

@ Inpatient Psychiatry

Group Closed

@Sunshine Coast Mental Health Unit

Group is open to ALL 19+ residents of the Sunshine Coast. Held in MHSU1 portable, next to the hospital. Call 604-885-6101 for directions



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Vancouver
CoastalHealth

FRIDAY

6

10:00a-11:00a	Gibsons Supportive Housing
1:30p-2:30p	Inpatient Psychiatry
3:00p-4:00p	Sunshine Coast Mental Health Unit

13

10:00a-11:00a	Gibsons Supportive Housing
1:30p-2:30p	Inpatient Psychiatry
3:00p-4:00p	Sunshine Coast Mental Health Unit

20

10:00a-11:00a	Gibsons Supportive Housing
1:30p-2:30p	Inpatient Psychiatry
3:00p-4:00p	Sunshine Coast Mental Health Unit

27

10:00a-11:00a	Gibsons Supportive Housing
1:30p-2:30p	Inpatient Psychiatry
3:00p-4:00p	Sunshine Coast Mental Health Unit

September

Recovery Groups

All-Pathways

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Art Expressions

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Walking Group

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Mindful Movement

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junctionbc.ca



sunshinecoastjunction@vch.ca



604-989-3148



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*



604-989-3148



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

Vancouver
CoastalHealth

TUESDAY

1

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

8

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

15

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

22

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

WEDNESDAY

2

12:00p Mindful Movement
Women Only
1:30p SMART Recovery
3:00p Building Back Coffee & Chat

9

12:00p Mindful Movement
Women Only
1:30p SMART Recovery
3:00p Building Back Coffee & Chat

16

12:00p Mindful Movement
Women Only
1:30p SMART Recovery
3:00p Building Back Coffee & Chat

23

12:00p Mindful Movement
Women Only
1:30p SMART Recovery
3:00p Building Back Coffee & Chat

THURSDAY

3

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

10

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

17

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

24

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

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

October

TUESDAY

12:00p Walking Group

1:30p All Pathways

3:00p Music Makers

WEDNESDAY

12:00p Mindful Movement
Women Only

1:30p SMART Recovery

3:00p Building Back Coffee & Chat

THURSDAY

12:00p Mindful Movement

1:30p Refuge Recovery

3:00p Art Expressions

FRIDAY

3:00p All Pathways *Location -
Sunshine Coast Mental
Health Building #1 next
to the Hospital*

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

October

Recovery Groups

All-Pathways

An open and welcoming support group for people seeking recovery. Discussion-based meeting with 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).



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Vancouver
CoastalHealth

TUESDAY

12:00p Walking Group

1:30p All Pathways

3:00p Music Makers

WEDNESDAY

12:00p Mindful Movement
Women Only

1:30p SMART Recovery

3:00p Building Back Coffee & Chat

THURSDAY

12:00p Mindful Movement

1:30p Refuge Recovery

3:00p Art Expressions

FRIDAY

3:00p All Pathways *Location -
Sunshine Coast Mental
Health Building #1 next
to the Hospital*

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

November

Recovery Groups

All-Pathways

An open and welcoming support group for people seeking recovery. Discussion-based meeting with 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).



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Vancouver
CoastalHealth

TUESDAY

12:00p Walking Group

1:30p All Pathways

3:00p Music Makers

WEDNESDAY

12:00p Mindful Movement
Women Only

1:30p SMART Recovery

3:00p Building Back Coffee & Chat

THURSDAY

12:00p Mindful Movement

1:30p Refuge Recovery

3:00p Art Expressions

FRIDAY

3:00p All Pathways *Location -
Sunshine Coast Mental
Health Building #1 next
to the Hospital*

No Junction Meetings on December 25 & 26

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

December

Recovery Groups

All-Pathways

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

Art Expressions

Join us for some Therapeutic art projects. Artistic skill is not a requirement. [45min]

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 on Tuesdays (self-identified).*

Thursday - everyone welcome



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Vancouver
CoastalHealth

TUESDAY

- 1:00p** Mindful Movement - ***Women Only***
2:30p All Pathways

WEDNESDAY

- 1:00p** Walking Group
2:30p SMART Recovery

THURSDAY

- 1:00p** Mindful Movement
2:30p Refuge Recovery
3:45p Art Expressions

FRIDAY

- 3:00p** All Pathways *Location -
Sunshine Coast Mental
Health Building #1 next
to the Hospital*

No Junction Meetings on January 1

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

January

Recovery Groups

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]

Art Expressions

Join us for some Therapeutic art projects. Artistic skill is not a requirement. [45min]

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]

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 on Thursdays* (self-identified).
Tuesday - everyone welcome*

Walking Group

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



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Ave, Sechelt, V0N 3A7

Vancouver
CoastalHealth

TUESDAY

1:30p Mindful Movement

3:00p Eight Step Recovery

WEDNESDAY

1:30p Walking Group

3:00p SMART Recovery

THURSDAY

1:30p Mindful Movement *Women Only*

3:00p All Pathways

FRIDAY

3:00p All Pathways *Location -
Sunshine Coast Mental
Health Building #1 next
to the Hospital*

4:15p Art Expressions

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

February

Recovery Groups

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]

Art Expressions

Join us for some Therapeutic art projects. Artistic skill is not a requirement. [45min]

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]

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 on Thursdays* (self-identified).
Tuesday - everyone welcome*

Walking Group

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



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Ave, Sechelt, V0N 3A7

Vancouver
CoastalHealth

TUESDAY

1:30p Mindful Movement

3:00p Eight Step Recovery

WEDNESDAY

1:30p Walking Group

3:00p SMART Recovery

THURSDAY

1:30p Mindful Movement *Women Only*

3:00p All Pathways

FRIDAY

3:00p All Pathways *Location - Sunshine Coast Mental Health Building #1 next to the Hospital*

4:15p Art Expressions

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

March

Recovery Groups

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]

Art Expressions

Join us for some Therapeutic art projects. Artistic skill is not a requirement. [45min]

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]

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 on Thursdays* (self-identified).
Tuesday - everyone welcome*

Walking Group

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



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Ave, Sechelt, V0N 3A7

Vancouver
CoastalHealth

TUESDAY

1:30p Mindful Movement

3:00p Eight Step Recovery

WEDNESDAY

1:30p Walking Group

3:00p SMART Recovery

THURSDAY

1:30p Mindful Movement *Women Only*

3:00p All Pathways

FRIDAY

3:00p All Pathways *Location -
Sunshine Coast Mental
Health Building #1 next
to the Hospital*

4:15p Art Expressions

No Junction meetings on Friday, April 18

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

April

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]



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CoastalHealth

TUESDAY

- 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

- 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

- 10:45a** 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

- 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

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:
604-989-3148



A PLACE TO SHARE, BELONG, AND HEAL

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EMAIL

sunshinecoastjunction@vch.ca



PHONE

604-813-9072 / 604-741-152



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2:30 PM</p> <p>Mindful Movement [Womens Only]</p> <p>Located at: Yoga by the Sea 1055 Roberts Creek Rd, Roberts Creek</p>	<p>10:45 AM</p> <p>Intro to Weight Training ★</p> <p>Located at: the Community Centre</p>	<p>1:30 PM</p> <p>Mindful Movement [Open to Everyone]</p> <p>Located at: The Rockwood Lodge 5511 Shorncliffe Ave, Sechelt)</p>	<p>3:00 PM</p> <p>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</p> <p>All Pathways</p> <p>Located at: Public Health Gibsons 821 Gibsons Way, Gibsons</p>	<p>12:15 PM</p> <p>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</p> <p>Eight Step Recovery</p> <p>Located at: The Rockwood Lodge 5511 Shorncliffe Ave, Sechelt)</p>	<p>★ Registration Required</p>

JULY
2025

Online Session via



ALL PATHWAYS

WHEN: Monday through Thursday & Saturday
6 PM to 7 PM

WHERE: Online Session at
<https://vancouvercoastalhealth.zoom.us/junctionallpathways>
Meeting ID: 244 730 7088 Pass Code : 280265

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]

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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]



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Vancouver
CoastalHealth



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

DATE
2025

Online Session via



ALL PATHWAYS

WHEN: Monday through Thursday & Saturday
6 PM to 7 PM

WHERE: Online Session at
<https://vancouvercoastalhealth.zoom.us/junctionallpathways>
Meeting ID: 244 730 7088 Pass Code : 280265