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. [lhr]

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

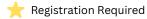
A trauma-informed mindfulness and movement class inclusive of all experience levels. We have mats! Just bring yourself and some comfy clothes. [1hr] Everyone welcome!

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]



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

ALL PATHWAYS (VIRTUAL)



Monday through Thursday & Saturday



6 PM to 7 PM

OCTOBER 2025



https://vancouvercoastalhealth.zoom.us/my/junctionallpathways

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