

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>2:30 PM Tea & Chat With Elder Bev Only on: October 10, 2025 October 24, 2025 Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p> <p>4:00 PM SMART Recovery 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  zoom

<https://vancouvercoastalhealth.zoom.us/junctionallpathways>
Meeting ID: 244 730 7088 **Pass Code:** 280265

OCTOBER
2025