

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]

★ Registration Required

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]

THE HEALING BUNDLE

Connect, share, and learn about Indigenous medicines and the medicine bag with Elder Glenn. Open to anyone curious about healing from an Indigenous perspective. [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
<p>4:00 PM All Pathways</p> <p>Located at: MHSU #1, next to the Hospital (5542 Sunshine Coast Hwy, Sechelt)</p>	<p>2:30 PM Mindful Movement</p> <p>[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>[Current group closed. Taking waitlist for January]</p> <p>★ Registration Required Call: 604-885-8678</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>*No Groups on Dec 25 due to Christmas</p>	<p>2:30 PM Healing Bundle with Elder Glenn</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>*No Groups on Dec 26 due to Boxing Day</p>

ALL PATHWAYS
(VIRTUAL)

Monday through
Thursday & Saturday


6 PM to 7 PM

DECEMBER
2025

Online Session via


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