

JAN 2026

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

JUNCTION COMMUNITY CENTRE
SUNSHINE

Heads Up!
We are closed on
January 1

MONDAY

5:00PM - 6:00PM Seeking Safety - Men's Group

CALL 604 885 8678 FOR LOCATION

Men's group for people with lived experience in both PTSD and Substance Use. The 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. Light dinner served.

TUESDAY

5:00PM - 6:00PM ALL PATHWAYS

Gibsons Public Health
821 Gibsons Way, Gibsons

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

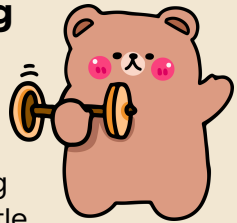


WEDNESDAY

10:30AM - 11:30AM Intro To Weight Training

Gibsons Community Centre, 700
Park Road, Gibsons

Learn the basics of weight training with expert personal training, gentle support, and a welcoming, inclusive community to help you build a regular exercise routine. *Look for the JUNCTION logo!*



5:00PM - 6:15PM Seeking Safety - Women's Group

CALL 604 885 8678 FOR LOCATION

A therapist-led group for people with lived experience in both PTSD and Substance Use. 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. Light dinner served.

FOR MORE INFORMATION

604-885-8678
JunctionBC.ca/Sunshine-Coast
sunshinecoastjunction@vch.ca

or scan!
→



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THURSDAY

2:30PM - 3:30PM MINDFUL ART

MHSU#1 next to the hospital. 5542
Sunshine Coast Hwy, Sechelt

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

4:00PM - 5:00PM ALL PATHWAYS

MHSU#1 next to the hospital. 5542
Sunshine Coast Hwy, Sechelt

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

FRIDAY

2:30PM - 3:30PM Moccasin Making with Elder Glenn



MHSU#1 next to the hospital. 5542
Sunshine Coast Hwy, Sechelt

Join Elder Glenn and learn how to make a pair of moccasins from hide! Each week you'll work on a pair of moccasins. **Please register in advance.**



Fridays January 9, 16, 23 & 30
February 6



How To Register:
Please call 604 885 5678 or email
sunshinecoastjunction@vch.ca.

Online All Pathways!

Mon - Thurs / Sat | 6PM - 7PM

Meeting ID: 244 730 7088

Passcode: 280265

Link:

vancouvercoastalhealth.zoom.us/j/2447307088



Want to work with a counsellor?

Sometimes having a little extra support through your recovery can make a difference. Reach out to learn more!

Call 604 885 5678 or email
sunshinecoastjunction@vch.ca

A PLACE TO SHARE, BELONG, AND HEAL