



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



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**

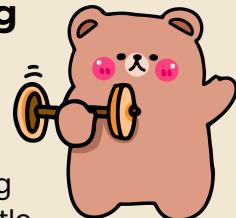
An open and welcoming support group for people seeking recovery. Discussion-based meeting with various recovery and wellness topics.



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](mailto:sunshinecoastjunction@vch.ca).

**Online All Pathways!**

**Mon - Thurs / Sat | 6PM - 7PM**

**Meeting ID:** 244 730 7088

**Passcode:** 280265

**Link:**

[vancouvercoastalhealth.zoom.us/j/2447307088](https://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!**

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

Call 604 885 5678 or email  
[sunshinecoastjunction@vch.ca](mailto:sunshinecoastjunction@vch.ca)