



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



Heads up!
We are closed on
February 16

MONDAY

5:00PM - 6:15PM
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.

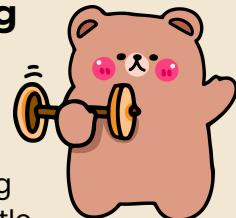


WEDNESDAY

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

CALL 604 885 8678 to Register

Gibsons Recreation Centre



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

Recovery Dharma



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

A peer-led, Buddhist-based, non-religious meeting designed to support those in recovery. Discussion based with mindfulness practices including meditation.

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

Online All Pathways!

Mon - Thurs / Sat | 6PM - 7PM

Meeting ID: 244 730 7088

Passcode: 280265

Link:

vancouvercoastalhealth.zoom.us/j/244
7307088



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 8678 or email
sunshinecoastjunction@vch.ca

**NEXT
MONTH!**

**Create A
Drum!**

Join Elder Glenn and
create a drum over 4
Friday afternoons! Elder
Glenn will share
teachings about the
drum as you create in
community with others.

**Starts on Fridays in
March!**

