



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

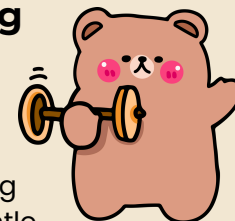
**10:30AM - 11:30AM**

**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!





604-885-8678



[JunctionBC.ca/Sunshine-Coast](https://JunctionBC.ca/Sunshine-Coast)



[sunshinecoastjunction@vch.ca](mailto:sunshinecoastjunction@vch.ca)



**Heads Up!**  
We are closed on  
February 16

## 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/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!**

Call 604 885 8678 or email  
[sunshinecoastjunction@vch.ca](mailto:sunshinecoastjunction@vch.ca)



**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!**

