

# APR 2026

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



## MONDAY

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

**CALL 604 885 8678 FOR LOCATION**

Peer-led 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

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

**CALL 604 885 8678 FOR LOCATION**

A therapist-led group for women 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 peer-led 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.



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## FRIDAY

**10:00AM - 11:00AM**

**GENTLE YOGA**



Driftwood Apothecary,  
#202, 5674 Teredo St, Sechelt

This 1-hour yoga class prioritizes gentle movement. No experience necessary! The movement focuses on embodying a sense of safety and boundaries using meditation, breath, and mindful movement. Mats and props provided.

*\*Please arrive 10 minutes before class starts. Wear or bring comfy clothing.*

*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)

## 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)



# A PLACE TO SHARE, BELONG AND HEAL