



MAY 2026

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



Heads Up!
We are closed on
Monday, May 18

MONDAY

TUESDAY

WEDNESDAY

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.

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.



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

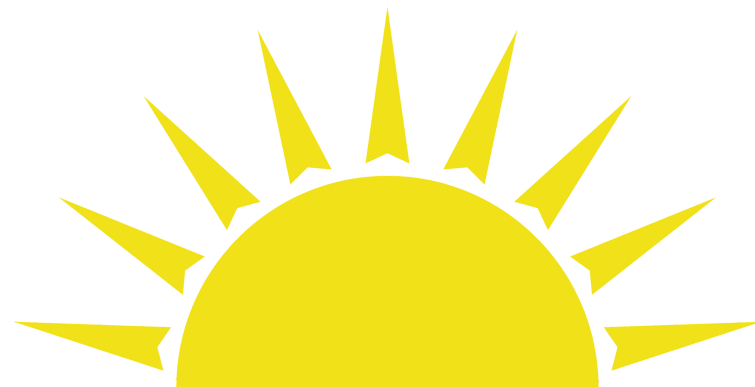


JunctionBC.ca/Sunshine-Coast



sunshinecoastjunction@vch.ca

or scan!





MAY 2026



604-885-8678



JunctionBC.ca/Sunshine-Coast



sunshinecoastjunction@vch.ca



Heads Up!
We are closed on
Monday, May 18

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.



604-885-8678



JunctionBC.ca/Sunshine-Coast



sunshinecoastjunction@vch.ca

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.*

2:30PM - 3:30PM

Smudge Kits With Elder Glenn

Join Elder Glenn and create smudge kits and a feather case. Elder Glenn will share knowledge and teachings about how to work with the kits in a good way. **Please register in advance. Space is very limited.**

May 15 & 29 @ VCH Mental Health, Sechelt



How To Register:

Please call 604 885 8678 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/244
7307088



A PLACE TO SHARE, BELONG AND HEAL