

JULY 2026

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

JUNCTION COMMUNITY
CENTRE
SUNSHINE

HEADS UP!
We are closed
Wednesday July 1

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.

Coffee and light snacks provided.



WEDNESDAY

2:00PM - 3:00PM ALL PATHWAYS

**Resource Centre, 5674 Cowrie St,
Sechelt**

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

Coffee and light snacks provided.



 **SUMMER**

FOR MORE INFORMATION



604-885-8678



JunctionBC.ca/Sunshine-Coast



sunshinecoastjunction@vch.ca

or scan!




**Women's Seeking Safety will
return in September!**

To learn more call 604 885 8678 or
email sunshinecoastjunction@vch.ca

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604-885-8678



JunctionBC.ca/Sunshine-Coast



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A PLACE TO SHARE, BELONG AND HEAL

HEADS UP!
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THURSDAY

1:00PM - 2:00PM SUMMER WALKING GROUP

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

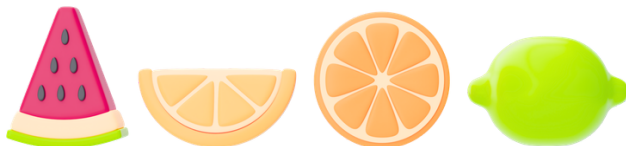
A summertime peer-led walking group that combines conversation, connection and a little sunshine. Rainy day activities will include games and conversation.

**Please wear comfortable shoes.*

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



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 - 4:00PM DRUM CIRCLE WITH ELDER GLENN

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

Join Elder Glenn for an afternoon under the gazebo at Swiya Farms for teachings, drumming, conversation and connection.

Bring your own hand drum or rattle, or borrow one!

Online All Pathways!

Mon - Thurs / Sat | 6PM - 7PM

Meeting ID: 244 730 7088

Passcode: 280265

Link:

vancouvercoastalhealth.zoom.us/j/2447307088

