

September 2026

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

JUNCTION COMMUNITY
CENTRE
SUNSHINE

HEADS UP!
In September, we are
closed Monday the 7
& Wednesday the 30



MONDAY

5:00PM - 6:15PM

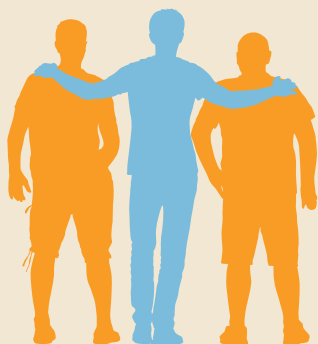
Seeking Safety - Men's Group

CALL 604 885 8678 FOR LOCATION

"A men's group for men who don't like groups!" - Seeking Safety Participant

Peer and therapist-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 discussed 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 peer-led support group for people seeking recovery. Discussion-based meeting with various recovery and wellness topics.

Light refreshments served.



WEDNESDAY

2:00PM - 3:00PM

ALL PATHWAYS

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

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

Light refreshments served.



FOR MORE INFORMATION



604-885-8678



JunctionBC.ca/Sunshine-Coast



sunshinecoastjunction@vch.ca

or scan!



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

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THURSDAY

2:30PM - 3:30PM MINDFUL ART GROUP

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

This peer-led group blends mindfulness and expressive arts, offering a variety of creative and hands-on activities that help build resilience and connection in the recovery journey.

Light refreshments served.

4:00PM - 5:00PM SMART RECOVERY

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

Build practical recovery tools, strengthen motivation, and connect with others in a supportive peer-led group focused on supporting your recovery goals. Explore strategies for managing challenges and celebrating progress!

Light refreshments served.

FRIDAY

10:00AM - 11:00AM GATHER & GROUND

Driftwood Apothecary,
#202, 5674 Teredo St, Sechelt

A therapeutic wellness group for individuals in recovery, offering grounding, mindfulness, gentle movement, and relaxation practices that foster safety, connection, and emotional well-being. Practices inspired by Seeking Safety. 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 @ SWIYA Farms 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! Light refreshments served.

REGISTRATION OPEN

8-Week Women's Seeking Safety - Group October 7 to November 25

CALL 604 885 8678 or
EMAIL sunshinecoastjunction@vch.ca TO
REGISTER



Pre-Registration for all 8 weeks required.

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.

This is a closed group. Only those registered can attend.

Light dinner served.