



604-885-8678



JunctionBC.ca/Sunshine-Coast



sunshinecoastjunction@vch.ca



We are closed
Monday
October 12

MONDAY

5:00PM - 6:15PM

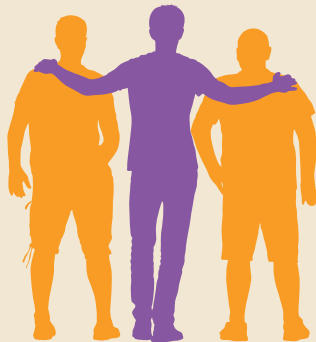
Seeking Safety for Men

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.



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



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.

5:00PM - 6:15PM

Seeking Safety for Women

Peer and therapist-led women'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.

This group is currently full. Please call for information about next start date.



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.**



**GET OUR
CALENDAR
ONLINE!**

scan!



2:30PM - 4:00PM TALKING CIRCLE WITH ELDER GLENN

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

Join us for a welcoming and supportive talking circle guided by Anishinaabe Elder Glenn. Through shared conversation and reflection, participants will explore Indigenous teachings, recovery, wellness practices, resilience, and other topics that support healing and personal growth. This circle offers a respectful space to connect, build community, and learn from an Indigenous Elder and as well as others with in recovery.

Light snacks will be provided.



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