November 2026

604-885-8678
JunctionBC.ca/Sunshine-Coast
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JUNCTION COMMUNITY CENTRE SUNSHINE

We are closed WEDNESDAY NOVEMBER 11

MONDAY

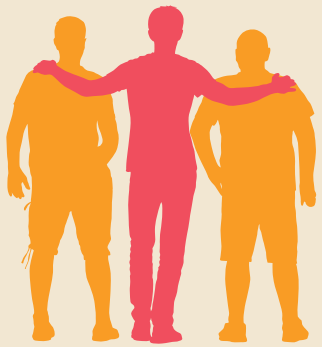
5:00PM - 6:15PM
Seeking Safety for Men

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.

REGISTRATION OPEN!!!

Seeking Safety for Women

Peer and therapist-led women's group for people with lived experience in both PTSD and Substance Use.

Next start date January 2027



NOVEMBER 2026

GET OUR CALENDAR ONLINE!

Scan!

We are closed WEDNESDAY NOVEMBER 11



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

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.

Light refreshments served.

RECOVERY MEETING & DINNER



ARE YOU BETWEEN 19-30 AND IN RECOVERY?

JOIN OTHERS IN RECOVERY FOR A FREE DINNER AND MEETING!

WEDNESDAYS | NOVEMBER 18 & DECEMBER 2 | 4:30 - 6:00PM

@GIBSONS & AREA COMMUNITY CENTRE, ROOM 209