

Recovery Groups

Eight Step Recovery

Both a dharma recovery book, and an alternative recovery program to 12 step programs. It uses the Buddhist teachings to overcome addiction. [1hr]

Art Expressions

Join us for some Therapeutic art projects. Artistic skill is not a requirement. [45min]

All Pathways

An open and welcoming support group for people seeking recovery. Discussion-based meeting with various recovery and wellness topics. [1hr]

SMART Recovery

Self Management for Addiction Recovery, a free support meeting group open to anyone seeking science-based, self-empowered addiction recovery. [1hr]

Mindful Movement

A trauma-informed movement class inclusive of all experience levels. We have mats! Just bring yourself and some comfy clothes. [1hr]

**Women's Only on Thursdays* (self-identified).
Tuesday - everyone welcome*

Walking Group

Join us for a walk starting at the Rockwood. For your mind and body [1hr]



junctionbc.ca



sunshinecoastjunction@vch.ca



604-989-3148



JUNCTION

JUNCTION

COMMUNITY
CENTRE
SUNSHINE

*a place to Share,
Belong & Heal*

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

*let's Connect you
wherever you are
on your journey*



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Rockwood Lodge, 5511 Shorncliffe
Ave, Sechelt, V0N 3A7

Vancouver
CoastalHealth

TUESDAY

1:30p Mindful Movement

3:00p Eight Step Recovery

WEDNESDAY

1:30p Walking Group

3:00p SMART Recovery

THURSDAY

1:30p Mindful Movement *Women Only*

3:00p All Pathways

FRIDAY

3:00p All Pathways *Location - Sunshine Coast Mental Health Building #1 next to the Hospital*

4:15p Art Expressions

Online All Pathways - 6pm-7pm Mon, Tues, Wed, Thurs, & Sat
<https://vancouvercoastalhealth.zoom.us/my/junctionallpathways>
Meeting ID: 244 730 7088 Pass Code : 280265

February