



**Sunshine Coast
Health Centre**
Powell River, BC

Sunshine Coast Recovery News

Your Partner in Recovery

Fall 2008

Construction Update

Construction on the new wing is wrapping up at Sunshine Coast Health Center. Clients have recently moved into the eight new bedrooms upstairs. Downstairs, clients are taking advantage of additional lounge space while staff and clients alike are enjoying the new group activity room. Tiling is wrapping up for the exercise pool in time for a December opening. If you are an alumni or referring partner, call us toll-free at 1-866-487-9050 and book a date so we can give you the grand tour!



Counselling Staff Update

Since the summer, Sunshine Coast has enhanced our clinical program with the arrival of Chris, Tatiana, and Peter:

Chris Drummond, MA, Counsellor

Chris joins our clinical team after graduating with a Masters degree in Counselling Psychology from Trinity Western University. She has spent many years working in mental health in Fort St. John as well as in the Fraser Valley. Chris's specialties include addictions and trauma. She is also a Level 3 O.E.I (One Eye Integration) Trauma Specialist and Trainer.



Chris Drummond

Tatiana Tsarouk, MD (Russia), PhD (Russia), Counsellor/Researcher

Tatiana joins the counselling team at Sunshine Coast with an impressive list of accomplishments that includes 20 years as a psychiatrist working with addicted and mentally ill individuals in her native Russia and 4 years at the University of Washington on a National Institute of Drug Abuse (NIDA) addiction research grant.



Tatiana Tsarouk

Since emigrating to Canada, Tatiana has been employed as a child and youth counsellor for the Interior Health Authority in 100 Mile House

prior to joining Sunshine Coast. Tatiana is a graduate of the Russian Academy of Medical Sciences in Moscow.

Peter White, MA (Candidate), Counsellor

Peter joins our clinical team while completing the final requirements of his Masters in Counselling Psychology degree. Peter's particular clinical experience has been in the corrections system as well as addictions. Pete is an avid writer who has particular interests in using the practical applications of meaning-centered therapy to help clients rise to their potentials while also rebuilding their relationships with their families.



Peter White

A Christmas Invitation for Alumni

Sunshine Coast alumni are invited to reconnect with staff and current program participants for several events during the Christmas season:

**Friday Dec 5, Saturday Dec 6,
Sunday Dec 7**

Alumni are invited to come and join us and stay on-site for the weekend to help decorate and connect with current clients. We will also have a gift wrapping session for clients staying at Sunshine Coast over Christmas. Staff will also attend and help with decorating. Meals and accommodation included.



An Open Invitation

Sunshine Coast alumni are welcome to join us at any time over the holidays. Come share your story in group and take part in group and other scheduled programming as well as recreational activities. Special holiday festivities such as random acts of kindness (people doing nice surprises for each other), holiday carol singing, gift exchange, and Christmas dinner are also planned for this year. Meals and accommodation included.

Call us toll-free at 1-866-487-9050 and let us know if you can make it up to Powell River. We hope to see you there!

An Alumnus Passing

It is with great sadness we announce the unexpected passing of Don W of Penticton on the 29th of October, 2008 at age 74. Don was a client at Sunshine Coast from January to March of 2006. Don had an accident on his electric scooter and died from internal injuries. Our thoughts and prayers are extended to his family and many friends.

eNewsletter