



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

# Sunshine Coast Recovery News

Your Partner in Recovery

Winter 2008

## Expansion Now Complete

December saw the official end to construction (for now!) at Sunshine Coast. The pool is open, clients have long since moved into the new 16-bed accommodations upstairs, and the new lounge and group activity areas give ample space for staff, clients, and families alike. A big thanks to everyone involved who displayed great patience as the new building and landscaping took shape.



## Alumni Road Shows Coming to Alberta

Sunshine Coast is please to announce, for the first time, separate alumni events in Richmond, BC as well as Edmonton and Calgary, Alberta:

**Richmond 4th Annual Richmond Road Show May 02, 2009**

**Edmonton 1st Annual Edmonton Road Show June 06, 2009**

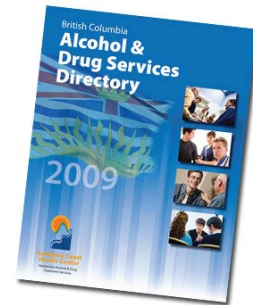
**Calgary 1st Annual Calgary Road Show June 13, 2009**

All of these events take place on a Saturday and there is no charge for alumni and 1 guest. Morning refreshments as well as lunch are included. Please bring your significant other or family member as there is a separate group activity for family members. All alumni and their guest are welcome to attend all three events as each event will have fresh content. More details are on their way but alumni are encouraged to register today toll-free at 1-866-487-9050. Stay tuned for more information coming in the weeks ahead!

## New Alcohol and Drug Directory for BC

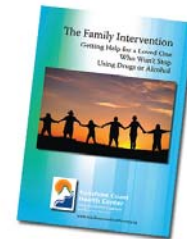
Sunshine Coast is pleased to announce its latest publication, the *BC Alcohol & Drug Services Directory, 2009 Edition*. This directory has been designed to fill a need for a current, comprehensive, and easy-to-use listing of mental health & addiction service providers in British Columbia. More than just a listing of government services, this

directory recognizes the vital contribution made by private treatment providers and mutual support groups across the province. Kaiser Foundation, publisher of the last BC addiction directory back in 2001, believes the Sunshine Coast directory "will provide a great service to front line workers as well as the general public." Cost is \$19.95 plus shipping and handling. To order your copy of the *BC Alcohol & Drug Services Directory* please call us toll-free at 1-866-487-9050.



## Help for Families

Sunshine Coast has added to its series of public service literature with the release of *Family Intervention: Getting Help for a Loved One Who Won't Stop Using Drugs or Alcohol*. This 20 page guide explores the myth of "hitting bottom"; why nagging, pleading and threatening doesn't work; how to tell the difference between substance abuse and addiction; why hiring an interventionist is money well spent, a list of recommended interventionists, printed and online intervention resources, and more! For your free copy call us toll-free at 1-866-487-9050.



## How Are You Doing?

As part of our efforts to improve the program at Sunshine Coast, a brief survey is being sent to all past alumni that will help us improve the residential program for future clients. Geoff Thompson, Program Director, is making a personal request to all alumni, "we would be very thankful if you could help us out. The results will be analyzed and published in a scholarly journal. In any published work, your name and personal information will never appear. We need this information for the actual research because we need to analyze the information according to the rules of scholarly research. Only Tatiana (Sunshine Coast counsellor) and I will know who responded (we're called the "principal investigators"). Your responses be held under lock for seven years and then destroyed."



**Geoff Thompson**

This is strictly a voluntary survey, so please feel free to decline.

## Weekends are on Us!

More and more alumni are learning that complimentary refresher weekends are just what they need to strengthen their recovery. For more information, call us today!

eNewsletter