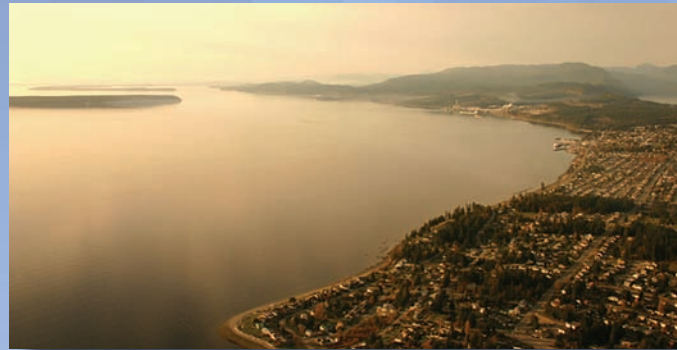


WELCOME!

If you are considering the bold step of getting help for yourself or a loved one who is struggling with drugs or alcohol, we salute you! As specialists in the treatment of addiction, we understand the frustration and sense of urgency experienced by those impacted by addiction. Staff at Sunshine Coast is committed to being helpful and patient as you weigh your treatment options.



Sunshine Coast Health Center is located 15 minutes south of the City of Powell River.

HIGHLIGHTS

Located on a five-acre campus of private waterfront, Sunshine Coast Health Center is Canada's leader in men's treatment, designed exclusively for adult men ages 19 and older. First-time clients have the option of 30, 42, 60, or 90 day programs while returning clients have even more flexibility with length of stay options.

Importantly, Sunshine Coast is a medium-sized facility that intentionally limits admissions to 32 clients at any given time. Having a peer group of this size allows clients to connect with their peers and be on a first-name basis with staff and management. Moreover, our high staff-to-client ratio and intimate setting allows for individual counselling and a program tailored to a client's unique needs. Clients report that having a male-only peer group is a critical factor in their ability to focus on their recovery and experience the power of mutually supportive friendships.

Sunshine Coast Health Center understands that clients who enjoy their surroundings have a higher likelihood of staying in treatment and, therefore, have better long-term prospects for recovery. Our five-acre campus is situated on private waterfront and features an abundance of lounge space and activity areas—an exercise pool, a fully-equipped gym (cardio equipment, free weights, nautilus equipment), walking trails on campus, a private beach and a basketball court. To help clients relax in their early recovery, Sunshine Coast also provides ►



Above: a stronger peer group is just one of the advantages of being exclusively male.

Right: clients have their choice of several separate lounges.



complimentary massage, ozone therapy, art classes, fitness and relaxation therapy throughout a client's stay. For added privacy, private accommodations are now available.

You deserve to make an informed choice! At Sunshine Coast, we're dedicated to being as transparent as possible. Call our Admissions Department any time, 7 days a week, toll-free at 1-866-487-9010 or visit us on the web at www.schc.ca.



With five daily flights from Vancouver and WestJet service to Comox, travel from major cities in the Pacific Northwest and western Canada is simple and convenient.

Worry-Free Travel

At Sunshine Coast, we know that entering treatment can be a stressful time for clients and their families. There's enough to think about without the added stress of luggage and travel connections. That is why Sunshine Coast offers complimentary * travel assistance for clients joining us from Northern BC, the Interior, other provinces, or the United States. Our capable admissions team will book your flight and ensure that a staff person is there to assist you upon your arrival at Vancouver International Airport, Comox Valley Airport, Powell River Airport or the Westview ferry terminal in Powell River.

(*) Note: some restrictions apply.



Sunshine Coast Health Center

Residential Addiction Treatment & Recovery Services

C21, 2174 Fleury Road, Powell River, BC
Canada V8A 4Z2
Admissions Toll Free 1.866.487.9010
Administration Toll Free 1.866.487.9050
Fax: 1.604.487.9012

www.schc.ca | info@schc.ca

Sunshine Coast Health Center is licensed by the
British Columbia Ministry of Health

To locate an alcohol and drug service in your home community anywhere in Canada visit www.canadadrugrehab.ca

Canada Alcohol and Drug Rehab Programs



Sunshine Coast Health Center

www.schc.ca

Sunshine Coast Health Center

Residential Addiction Treatment & Recovery Services



OUR PHILOSOPHY

At Sunshine Coast Health Center, we believe that it is not enough simply to treat the ‘addiction’. Instead, a client’s experience with us facilitates ongoing personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose. Our therapy program prepares clients and their families for a deeper, more fulfilling life.



Sunshine Coast Health Center focuses on providing the most effective, evidence-based treatment, exceeding expectations by paying close attention to four key therapeutic principles:



Top: the pool complex.
Above: the Renewal Center.

Respect: We treat others as we would wish to be treated. This respect is the foundation of our program and pervades everything we do, how we conduct ourselves and how we interact with each other.

Gratitude: We feel privileged that clients and their families put their trust in us.

Empathy: We support our clients through the good times and the bad, free from judgment.

Humility: No matter how proficient we are at treating

addiction, we know that the client is always the expert in his own recovery.

Fitness is key to lasting recovery



Getting fit is a great way to start a lasting, rewarding recovery. When it comes to residential addiction treatment, Sunshine Coast stands alone in its commitment to fitness.

Sunshine Coast is dedicated to giving our clients unparalleled access to health, fitness and recreation services. By working with our kinesiologist, clients can begin to develop the skills necessary to make health and wellness part of their lifestyle after they return home.

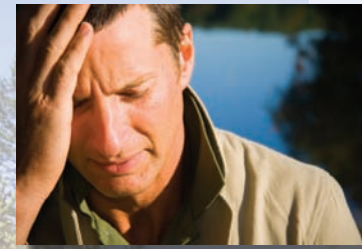
Help for families



We offer cutting-edge programming to help prepare families and couples for a life after treatment.

Sunshine Coast believes that involving the family in the recovery process is critical. That is why we offer complimentary participation in the regularly scheduled Family & Couples Program. In addition, clinical staff provides ongoing telephone and online support for family members while their loved one is in treatment—and even after they return home.

Feeling blue, anxious?



Our psychiatrist and team of professionals will help determine if depression, anxiety, or an inability to focus are complicating your recovery.

Sunshine Coast recognizes that the treatment of addiction can be complicated by co-existing mental health issues. Our experienced team of master’s level therapists, physicians and nurses work together so that the client experiences a seamless integration of addiction and mental health services.

An ideal place to recover



Private, modern, tranquil, spectacular. It’s all here at Sunshine Coast.

‘So close and yet so far’ is an apt description of our treatment setting where clients are close to the many amenities and services of Powell River yet far from the hustle and bustle of big city life. Situated on five rural acres of oceanfront property, the campus at Sunshine Coast is the ideal setting for those embarking on their journey to recovery.

Below: the main residence and pool complex at Sunshine Coast.



More than just detox



Medical detoxification is just the start of the medical services we offer.

Nowadays, private duty nursing is as rare as doctors who make house calls. At Sunshine Coast, clients have both! Nurses are on site to provide ongoing monitoring of medications and medical conditions that often accompany drug and alcohol problems such as dehydration, malnutrition, high blood pressure and diabetes. Many clients report being surprised at the amount of time our doctor spends getting to know them and their situation.

Our commitment to stay connected



Our support for alumni extends far beyond their residential stay.

Sunshine Coast offers complimentary services for alumni that includes a staff person dedicated to alumni support, reunions in select cities, weekend ‘booster’ sessions and online support. *
(* Note: clients must have their own email address and internet connection.

Below: our private beach.

