



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

Sunshine Coast Recovery News

Spring 2006

Helping men recover their lives one small step at a time

Cathy Patterson-Sterling Has A New Title

Sunshine Coast Health Centre is pleased to announce that Cathy Patterson-Sterling, MA is the new Program Director following the departure of Russell Forrest. Catherine Patterson-Sterling is a Registered Clinical Counsellor with a M.A. in Counselling Psychology. Cathy is the author of *"Rebuilding Relationships In Recovery: A Guide To Healing Relationships Impacted By Addiction (2004)."*



Cathy Patterson-Sterling

Cathy is currently Family Program Facilitator (including Couples Day), as well as Recovery Coach for the Online Support Program.

Welcome Back, Jack!



Jack Darling

Welcome back, Jack Darling! Jack has successfully completed surgery and has returned to Sunshine Coast as a Relief Counsellor. Jack Darling, ICADC (ret.), has a lengthy background in addiction counselling and is very familiar to residents of Powell River through his work with Sober Riders. Jack brings a sense of humour and compassion to his work and it's nice to see his el Camino back in our parking lot!

The Family Program Has Been Enhanced

Spouses and partners of men participating in the Residential Program are invited to participate in our latest enhancement to the Family Program, Couples Day. Couples Day is an extra day of therapy on the Monday immediately following the Family Program. Space is limited so please contact Sam early at 604.487.9050.

Family Program/Couples Day at Renewal Centre
• April 28, 29 and 30, May 1

- June 2, 3 and 4 *
- July 7, 8 and 9 *
- August 4, 5 and 6 *
- September 15, 16, 17 and 18
- October 27, 28 and 29 *
- December 1, 2, 3 and 4

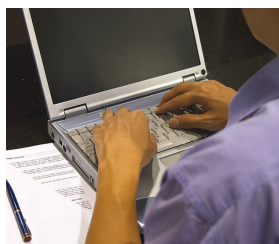
* Note: Couples Day available at Coquitlam location.

Online Support Now Available To Family Program Participants

The Online Family Support Program consists of 5 journals each with four lessons for a total of 20 lessons. Family members have the opportunity to deepen their understanding of addiction and skills necessary to improve their own wellbeing. There is no charge for participation, however, participants must first complete the Sunshine Coast Health Centre Family Program.

Online Alumni Support Extended To 2 Years

With the introduction of the Wellbriety Program, alumni now have the option of enhancing their efforts at personal wellness into their



recovery program. The Wellbriety Program utilizes a model of 7 dimensions of health designed to achieve balance in all areas of life. Prerequisite: completion of Early

Recovery Program Online Support or one year sobriety.

Online Support is of particular value to families from communities with few recovery resources, or those individuals without a sponsor or established support group awaiting their return home. In such instances, a continued partnership with Sunshine Coast can help spell the difference between relapse and sustained recovery.

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