



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

Sunshine Coast Recovery News

Summer 2005

Helping men recover their lives one small step at a time

Welcome to our First Newsletter!

Sunshine Coast Health Centre is pleased to announce that we have celebrated our first anniversary on the 15th of March. We would like to thank alumni, referral agents and staff that have made this important milestone possible.

The Family Ranks Swell!

Cathy and Daniel are pleased to announce that sister Melanie has joined Sunshine Coast Health Centre! Melanie brings a wealth of experience from managing businesses in health, retail and forestry sectors. After several years of administration for a contract timber operation, she is excited to be returning to work in private health care, re-joining the family as the demands of the Centre continue to expand.

Family Program: We Have Liftoff!

Russell and staff were pleased to host the first Family Program June 17 to 19, 2005. Hosted in our Renewal Centre, the Family Program has always been an important priority and we are pleased to provide families with this critical component in recovery.

Renovations Have Begun!

Sunshine Coast Health Centre is undergoing a facelift! Building enhancements include new furniture in the lounge, a wellness room complete with a massage table and ozone sauna, client room renovations, new flooring throughout, additional bathing facilities, and an additional counselor office. Improvements to the property include a new basketball court, an expanded parking lot, and a fence along the highway for enhanced privacy. Renovations and landscaping enhancements

are slated for completion by September. During this time, we will be closing 3 rooms at a time, thus allowing us to renovate rooms with a minimum of disruption to the remaining 14 clients.



Coming soon ...

Please check out our updated website soon at www.sunshinecoasthealthcentre.com. We are making the Website easier to navigate and more informative.

Renewal Program for Alumni

To enhance efforts of long-term sobriety for our alumni, Sunshine Coast Health Centre is now offering a short-term renewal program. This program is designed for alumni that require a "spiritual tune-up" or are anticipating challenges to their recovery efforts such as surgery, illness in the family, marital break-up, etc. Priced affordably at 75 dollars per diem, clients can come back for 3 or 4 days and find a safe harbour when they need it most. Please contact the Centre toll-free at 1-866-487-9010 for more details.

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