



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

Sunshine Coast Recovery News

Winter 2005/06

Helping men recover their lives one small step at a time

A New Support Program for Alumni

As part of Sunshine Coast Health Centre's ongoing commitment to quality care, we are pleased to introduce "Bill & Bob's Excellent Online Adventure" – a year's worth of internet correspondence with our alumni, at no additional cost. The program will consist of 52



Cathy Patterson-Sterling

recovery oriented exercises that can be completed online and returned to Cathy Patterson-Sterling, creator of the program, for review and comments. Cathy will also begin meeting with clients during their stay at SCHC to both introduce the Excellent Online Adventure and discuss

some of the potential pitfalls of early recovery. All alumni, past and present, are eligible to participate.

Family Program Dates

Dates for the next Family Programs are as follows:

February 17, 18, 19

March 24, 25, 26

April 28, 29, 30

June 2, 3, 4

July 7, 8, 9

More About Cathy!

In addition to hosting Bill and Bob's Excellent Online Adventure, Cathy Patterson-Sterling will now head up the Sunshine Coast family program and couples' workshop (*). Catherine Patterson-Sterling is a Registered Clinical Counsellor with a M.A. in Counselling Psychology and resides in Vancouver. With her experience as an international speaker and therapist, she has helped couples and families

across the world heal their relationships, develop personal empowerment, as well as find the happiness they deserve.

Cathy is the author of "Rebuilding Relationships In Recovery: A Guide To Healing Relationships Impacted By Addiction (2004)."

(* Note: The couples' workshop is held on the Monday following the family program.



Stacie and her new main man, Liam Anthony.

It's a Boy

Congratulations to Stacie and Tony and their new family member, Liam Anthony. Liam just missed being a New Years' baby, entering this world on the 2nd of January and weighing in at 9 lbs. We're happy to report that Stacie and crew are doing great!

Mmmm ... good!

Sunshine Coast Health Centre is pleased to announce Chris and Natasha to the culinary ranks at Sunshine Coast.



Chris and Natasha on the job.

Chris and Natasha have been amazing our happy clients with scrumptious creativity. And who said nutritious eating food had to be bland and boring?

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