



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

# Sunshine Coast Recovery News

Your Partner in Recovery

Winter 2007

## Cathy's Christmas Media Tour Hits Home

If you were listening to the radio or watching the news in mid-December you may have seen a familiar face. Cathy Patterson-Sterling, Program Director at Sunshine Coast was featured on CITY-TV's Breakfast Television, Global Television, CKNW with Cristy Clark, CBC Radio's ALMANAC with Rick Forsythe, among others. Her topic, dealing with family dysfunction during the holidays, seemed to resonate with audiences during the call-in portions of the broadcasts.



To read the brochure *Avoiding Code Red* visit the Publications section of our website. To watch the Global TV interview visit the Media section of our website.

## A Retirement at Sunshine Coast

Jack Darling, ICADC, a fixture in Powell River's addiction treatment community, has announced his retirement from Sunshine Coast Health Center effective the end of December. We are sorry to see Jack go but he leaves behind plenty of fond memories for staff and alumni alike. We wish Jack well in his retirement.



**Jack Darling,  
ICADC**

## It's Our Birthday!

March 15 is our 4th anniversary. Thanks to the alumni and staff who have made this special day possible!



## Construction Update

The new wing is taking shape!



**Exterior view of new wing and pool area.**

eNewsletter