

November



HEADS UP!
We're closed
Tuesday, November 11

 3rd Floor - 540 Borland Street, Williams Lake

 250-302-5022

 CaribooJunction@interiorhealth.ca

 junctionbc.ca

TUESDAY

Building Back Coffee & Chat

Also known as Coffee in the Park

Are you in recovery? Curious about recovery? Join our Peer team for coffee and connection!



12 - 1 P.M.

BOITANIO PARK OR SALLY ANN PARKING LOT

1:1 Recovery Navigation

Meet individually with our substance use clinician to discuss your goals and receive support connecting to services.

AVAILABLE TUES - FRI

CONTACT US TO LEARN MORE!

WEDNESDAY

Cariboo Collective

Learn more about being a Peer and supporting community-based health promotion and recovery.



MUST BE REGISTERED AS A PEER
VOLUNTEER TO PARTICIPATE

CONTACT US TO LEARN MORE!

Women's Group

This group welcomes women and anyone who connects with womanhood or feminine identity. Join us to learn new skills and garner connection.

NEW!

STARTING NOV 19 2:30 - 3:30 P.M.

MHSU MAIN OFFICE - 487 BORLAND ST

SMART Recovery

A judgement-free drop-in support group with a secular approach for those who are seeking change from any addictive behaviour.

3 - 4 P.M.

JUNCTION MAIN OFFICE



THURSDAY

SMART Recovery

A judgement-free drop-in support group with a secular approach for those who are seeking change from any addictive behaviour.

6 - 7 P.M.

JUBILEE CLUBHOUSE



1:1 Peer Support

Connect with one of our Peers for support from someone who has lived and living experience with substance use and recovery.

AVAILABLE MON - FRI

CONTACT US TO LEARN MORE!

Peer-led Outreach

Our Peer team will be walking around the downtown core ready to connect, chat, and offer resources as needed. Come find us and say hi!

MON & THURS 10 A.M. - 2 P.M.

DOWNTOWN CORE

You can also find our substance use clinician at Cornerstone Clinic (145 4 Ave South) on Tues, Wed & Thurs from 1 - 3 p.m.!

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JUNCTION COMMUNITY
CENTRE
CARIBOO CONNECTIONS

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NEW PROGRAMS

friends & family drop-in

A CHANCE TO TALK

A welcoming space for anyone who supports a loved one who uses substances. Join our family Peer supporters for community, conversation, and shared learning.

 **EVERY 3RD TUESDAY (NOVEMBER 18 & DECEMBER 16)**

 **6:00 - 7:30 P.M.**

 **JUBILEE CLUBHOUSE - 113 4 AVE NORTH
(DOWNSTAIRS)**

DRUM MAKING WORKSHOP

A free two-day workshop hosted by
Brittany, the Mental Health & Substance
Use Indigenous Patient Navigator.

November 25-26

9 a.m. - 4 p.m. both days

487 Borland Street

(Mental Health & Substance Use main office)

To register, call 250-392-1483

Lunch and refreshments provided



Interior Health



An opportunity to gather and
honor our loved ones.

*Please bring kindness, respect, and an open heart
to ensure this is a supportive space for everyone.*

**EVERY MONTH
STARTING NOVEMBER 27
FROM 1 - 3 P.M.**

ALL NATIONS HEALING
HOUSE



IMPORTANT DATES

- November is Hindu Heritage Month, Lebanese Heritage Month, and Diabetes Awareness Month
- November 5-11 is Veterans' Week
- November 8 is Indigenous Veterans Day
- November 11 is Remembrance Day
- November 20 is Transgender Day of Remembrance
- November 25 is the International Day for the Elimination of Violence against Women

