November



3rd Floor - 540 Borland Street, Williams Lake



250-302-5022



CaribooJunction@interiorhealth.ca



junctionbc.ca

COMMUNITY CENTRE CARIBOO CONNECTIONS

Resident November

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

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!

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 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!

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.

STARTING NOV 19

2:30 - 3:30 P.M.

MHSU MAIN OFFICE - 487 BORLAND ST

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!

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



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

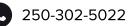


You can also find our substance use clinician at Cornerstone Clinic (145 4 Ave South) on Tues, Wed & Thurs from 1 - 3 p.m.!



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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)

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





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







