



The Cariboo Junction offers community recovery supports for people who use substances and their loved ones. Open to anyone 19+.

3rd Floor - 540 Borland Street, Williams Lake CaribooJunction@interiorhealth.ca 250-302-5022 junctionbc.ca

TUESDAYS

BUILDING BACK COFFEE & CHAT

Are you in recovery? Curious about recovery? Join our Peer team for coffee and connection! This program combines on-foot outreach and indoor drop-in.

WEEKLY

12-3 P.M.

STARTS IN BOITANIO PARK AND ENDS AT JUNCTION MAIN OFFICE

FRIENDS & FAMILY DROP-IN

A welcoming space for anyone who supports a loved one who uses substances.

EVERY 3RD TUESDAY OF THE MONTH

6:00-7:30 P.M.

JUBILEE CLUBHOUSE - 113 4 AVE NORTH (DOWNSTAIRS)

WEDNESDAYS

WOMEN'S GROUP

A supportive space for people seeking support with substance use recovery. This group welcomes women and anyone who connects with womanhood or feminine identity.

WEEKLY

2:30-3:30 P.M.

MHSU OFFICE - 487 BORLAND ST

SMART RECOVERY

A judgement-free drop-in support group for people seeking change with any addictive behaviour.

WEEKLY

3-4 P.M.

JUNCTION MAIN OFFICE



THURSDAYS

GRIEF & GRUB New!

Join us to talk about grief, loss, and healing as we connect over food, conversation, and community. See back for more info!

LAST THURSDAY OF THE MONTH

2-3 P.M.

LOCATION TBD

FRIDAYS

WHERE PATHS CROSS New!

An 8-week workshop on navigating recovery led by our substance use clinician. No registration required. See back for more info!

WEEKLY

12:30-2:00 P.M.

JUNCTION MAIN OFFICE

SMART RECOVERY

A judgement-free drop-in support group for people seeking change with any addictive behaviour.

WEEKLY

6-7 P.M.

JUBILEE CLUBHOUSE - 113 4 AVE NORTH (DOWNSTAIRS)





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NEW EVENTS AND PROGRAMS

SACRED FIRE



An opportunity to gather and honor our loved ones. Please bring kindness and an open heart to ensure this is a supportive space for everyone.

FEBRUARY 19

1 - 3 P.M.

**487 BORLAND ST.
FRONT LAWN**

Where Paths Cross

AN 8-PART WORKSHOP FOCUSED ON SUBSTANCE USE RECOVERY

**FRIDAYS
STARTING FEB 6**

12:30-2:00 P.M.

**JUNCTION
MAIN OFFICE**

**FREE
DROP-IN!**

**FACILITATED BY
OUR SUBSTANCE
USE CONNECTIONS
CLINICIAN!**

We'll discuss

STAGES OF CHANGE | IDENTIFYING TRIGGERS AND CRAVINGS

COMMUNICATION SKILLS | EMOTIONS AND RELATIONSHIPS ...and much more!

GRIEF & GRUB

Join us to talk about grief, loss, and healing as we connect over food, conversation, and community.

**LAST THURSDAY
OF THE MONTH**

2-3 P.M.

LOCATION TBD

**STARTING
FEBRUARY 26**

**NO REGISTRATION
REQUIRED**



DROP-IN NALOXONE TRAINING



**LEARN HOW TO RECOGNIZE
AND RESPOND TO AN OPIOID
POISONING**

**EVERY 3RD WEDNESDAY OF
THE MONTH**

**Upcoming Date:
FEBRUARY 18**

10-12 P.M.

**CARIBOO ROOM
540 BORLAND ST.
2ND FLOOR**

Naloxone
SAVES LIVES

**QUICK, HANDS-ON TRAINING.
NO REGISTRATION NEEDED.
ALL ARE WELCOME.**

DAYS OF SIGNIFICANCE

- February is Black History Month
- February 1 to 7 is White Cane Week
- February 14 is Valentine's Day
- February 16 is Family Day
- February 18 is when Ramadan begins (exact date contingent upon the sighting of the moon)
- February 26 is Pink Shirt Day

