

# March



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

3<sup>rd</sup> 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.

FIND US IN THE COMMUNITY OR DROP-IN AT JUNCTION'S MAIN OFFICE

### FRIENDS & FAMILY DROP-IN

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

EVERY 3<sup>RD</sup> TUESDAY OF THE MONTH

6:00-7:30 P.M.

WILLIAMS LAKE LIBRARY

## 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

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.

WILLIAMS LAKE LIBRARY

## FRIDAYS

### WHERE PATHS CROSS

An 8-week workshop on navigating recovery led by our substance use clinician. No registration required.

WEEKLY

12:30-2:00 P.M.

JUNCTION MAIN OFFICE

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## UPCOMING

# 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.*

**MARCH 26**      **1 - 3 P.M.**      **487 BORLAND ST. FRONT LAWN**

# DROP-IN NALOXONE TRAINING

LEARN HOW TO RECOGNIZE AND RESPOND TO AN OPIOID POISONING

**EVERY 3RD WEDNESDAY OF THE MONTH**  
UPCOMING DATE: MARCH 18

**10-12 P.M.**

**CARIBOO ROOM**  
2<sup>ND</sup> FLOOR, 540 BORLAND ST.

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

HAVE YOU SEEN OUR NEWSLETTER?

1 - SPRING 2026

JUNCTION COMMUNITY CENTRE NEWSLETTER

# CARIBOO CONNECTIONS

*A seasonal newsletter on what's unfolding at Cariboo Junction, along with highlights from across our community*

AVAILABLE AT THE CARIBOO JUNCTION MAIN OFFICE AND OTHER COMMUNITY LOCATIONS

## DAYS OF SIGNIFICANCE

- March is Women's History Month
- March 1 is Self-Harm Awareness Day
- March 8 is International Women's Day
- March 16-20 is Neurodiversity Celebration Week
- March 20 is Two-Spirit and Indigenous LGBTQQIA+ Awareness Day
- March 21 is the International Day for the Elimination of Racial Discrimination
- March 31 is International Transgender Day of Visibility

