

April



A place to share, belong, and heal.

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

MONDAYS

MINDFUL MONDAYS

Weekly from 3-4 p.m.

JUNCTION MAIN OFFICE

TUESDAYS

BUILDING BACK COFFEE & CHAT

Weekly from 12-3 p.m.

FIND US IN COMMUNITY OR DROP-IN AT OUR MAIN OFFICE

FRIENDS & FAMILY DROP-IN

Every 3rd Tuesday of the month from 12-1 p.m.

WILLIAMS LAKE LIBRARY

WEDNESDAYS

WHERE PATHS CROSS

Weekly from 10-11:30 a.m.

XAT'SULL FIRST NATION CONFERENCE ROOM

DROP-IN NALOXONE TRAINING

Every 4th Wednesday from 10-12 p.m.

540 BORLAND STREET
2ND FLOOR

SMART RECOVERY

Weekly from 3-4 p.m.



JUNCTION MAIN OFFICE

THURSDAYS

GRIEF & GRUB

Last Thursday of the month from 2-3 p.m.

WILLIAMS LAKE LIBRARY

SACRED FIRE

Monthly from 1-3 p.m.
NEXT DATE: APRIL 23RD

487 BORLAND ST
FRONT LAWN

FRIDAYS

WHERE PATHS CROSS

Weekly from 10-11:30 a.m.

WILLIAMS LAKE FIRST NATION ELDERS BUILDING

SMART RECOVERY

Weekly from 3-4 p.m.



JUNCTION MAIN OFFICE

WHAT IS THE JUNCTION?

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

The Junction's aim is to create welcoming and inclusive spaces for **all** people who use substances.

We're here for support if you:

- Are thinking about recovery but are unsure and want to find out more
- Know you want recovery services/supports but need help with how
- Are ready and connected but may be on a waitlist for a service
- Are in transition between services
- Are in treatment or supportive housing and want to participate in activities or other supports the Junction has to offer
- Have been in recovery, have relapsed, and want a familiar, supportive community to return to
- Are from support networks: families, chosen families, friends, and partners

WANT MORE INFO?

All Junction services are free and include a variety of groups and one-on-one supports. Check out our website at junctionbc.ca for more information!



HEADS UP!

We will be closed Friday April 3 (Good Friday) and Monday April 6 (Easter Monday).



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GROUP DESCRIPTIONS

MINDFUL MONDAYS

A mindfulness-based recovery group with guided practices and supportive discussions. Strengthen awareness and cultivate resiliency through various techniques including journaling, meditation, breathwork, and gentle movement.

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.

FRIENDS & FAMILY DROP-IN

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

DROP-IN NALOXONE TRAINING

Learn how to recognize and respond to an opioid poisoning with quick, hands-on training. All are welcome.

WHERE PATHS CROSS

An 8-week workshop on navigating recovery led by our substance use clinician. Learn about the stages of change, triggers and cravings, communication skills, emotions and relationships, and much more! No registration required.

SMART RECOVERY

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

GRIEF & GRUB

Join us to talk about grief, loss, and healing as we connect over food, conversation, and community. We welcome anyone who may be navigating loss of any kind, such as mourning changes in health, relationships, identity, roles, or life circumstance.

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.

ADDITIONAL SERVICES

1:1 RECOVERY NAVIGATION

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

PEER OUTREACH

Our Peer team will be walking around the downtown core on Mondays and Thursdays ready to connect.

DAYS OF SIGNIFICANCE

- April is Sikh Heritage Month
- April 2 is World Autism Awareness Day
- April 3 is Good Friday, April 5 is Easter Sunday, and April 6 is Easter Monday
- April 7 is World Health Day
- April 14 is the International Day of Pink
- April 22 is Earth Day

