

May!

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.

NEXT DATE: MAY 19TH

WILLIAMS LAKE LIBRARY

WEDNESDAYS

DROP-IN NALOXONE TRAINING

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

NEXT DATE: MAY 27TH

540 BORLAND STREET
2ND FLOOR

HEALTHY COPING

Weekly from 9:30-11 a.m.

Registration
required

JUNCTION MAIN OFFICE

SMART RECOVERY

Weekly from 3-4 p.m.



JUNCTION MAIN OFFICE

THURSDAYS

SACRED FIRE

Monthly from 1-3 p.m.

NEXT DATE: MAY 21ST

487 BORLAND ST
FRONT LAWN

GRIEF & GRUB

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

NEXT DATE: MAY 28TH

WILLIAMS LAKE LIBRARY

FRIDAYS

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 Monday, May 18th for Victoria day.





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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.

HEALTHY COPING

Educational drop-in sessions facilitated by the IH counselling team. Topics include stress, ADHD, trauma & recovery, CBT, and EMDR. 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

- May is Sexual Assault Prevention & Awareness Month
- May 4-10 is Mental Health Week
- May 5 is Red Dress Day
- May 10 is Mother's Day
- May 17 is the International Day Against Homophobia, Transphobia and Biphobia
- May 31 starts National AccessAbility Week

TL'ESQOX WORKSHOP

The Cariboo Junction will be in Tl'esqox on Thursday, May 7 for their mental health week!

Pathways for Recovery: Navigating Sustainable Wellness

A 1-day workshop exploring mental health, substance use, and healing.

- Thursday, May 7
- Tl'esqox Community Hall
- 9 a.m. - 3 p.m.
- Lunch provided



Module 1: Science of Wellness

Module 2: Foundational Wellness Practices

Module 3: Mindfulness for Relapse Prevention

Module 4: Substance Use Recovery Navigation