

July

JUNCTION
COMMUNITY
CENTRE
CARIBOO CONNECTIONS

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

MONDAYS

MINDFUL MONDAYS

Weekly from 3-4 p.m.

TL'ESQOX COMMUNITY
HALL

RUNNING JULY 6 - AUG 24

TUESDAYS

BUILDING BACK COFFEE & CHAT

Weekly from 12-3 p.m.

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

WEDNESDAYS

DROP-IN NALOXONE TRAINING

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

540 BORLAND ST
2ND FLOOR

UPCOMING DATE IS JULY 22.

SMART RECOVERY

Weekly from 3-4 p.m.



JUNCTION MAIN OFFICE

THURSDAYS

GRIEF & GRUB

Second and last Thursday of the
month from 2-3 p.m.

33 YORSTON ST
(UNIFOR)

UPCOMING DATES ARE JULY 9 & 30.

FIRESIDE CONNECTIONS

Monthly from 1-3 p.m.

487 BORLAND ST LAWN

UPCOMING DATE IS JULY 23.

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 on Wednesday, July 1st for Canada 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, mediation, 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.

DROP-IN NALOXONE TRAINING

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

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 navigating loss of any kind, such as changes in health, relationships, identity, roles, or life circumstance.

FIRESIDE CONNECTIONS

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

- July is Disability Pride Month.
- July 1 is Canada Day.
- July 14 is Mad Pride Day.
- July 19 is the final match of the FIFA World Cup 2026.
- July 19-25 is National Drowning Prevention Week.
- July 24 is International Self-Care Day.
- July 21 is International Drug Users Remembrance Day.

FREE SCREENING

Love in the Time of Fentanyl



A group of misfits, artists, and drug users operate a renegade safe-injection site in Vancouver's Downtown Eastside, giving hope to a marginalised community ravaged by drugs.

★ JULY 16, 2026

★ 2-4:30 P.M.

★ JUNCTION MAIN OFFICE



Enjoy popcorn and drinks with the movie!



YOU CAN ENROLL WITH THE CARIBOO JUNCTION!

Enrolling as a member lets you opt-in to receive information by email and helps you stay connected to a large recovery community.

NEVER MISS THE LATEST NEWS!

Ask a Cariboo Junction team member for more details.

