

August

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

MONDAYS

MINDFUL MONDAYS

Weekly from 3-4 p.m.

RUNNING UNTIL AUG 24.

TL'ESQOX
COMMUNITY HALL

TUESDAYS

OPEN HOUSE

Monthly from 11-12 p.m.

UPCOMING DATE IS AUG 18.

JUNCTION MAIN
OFFICE

BUILDING BACK COFFEE & CHAT

Weekly from 12-2 p.m.

FIND US IN COMMUNITY
OR DROP-IN AT OUR
OFFICE

POPCORN & PERSPECTIVES

Monthly from 2-4 p.m.

UPCOMING DATE IS AUG 25.

JUNCTION MAIN
OFFICE

WEDNESDAYS

DROP-IN NALOXONE TRAINING

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

UPCOMING DATE IS AUG 26.

540 BORLAND ST
2ND FLOOR

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.

UPCOMING DATES ARE AUG 13 & 27.

33 YORSTON ST
(UNIFOR)

FIRESIDE CONNECTIONS

Monthly from 1-3 p.m.

UPCOMING DATE IS AUG 20.

487 BORLAND ST
LAWN

FRIDAYS

SMART RECOVERY

Weekly from 3-4 p.m.



JUNCTION MAIN
OFFICE

WHAT IS THE JUNCTION?

The Junction Community Centre Cariboo Connections offers community recovery supports for people who use substances and their loved ones. We are open to anyone 19 years of age and older.

Our aim is to create welcoming and inclusive spaces for **all** people who use substances, regardless of where you're at in your recovery journey.

Cariboo 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, August 3rd for BC Day.



POPCORN & perspectives

AUGUST FEATURE

The Honour of All THE STORY OF ALKALI LAKE

The Honor of All tells the story of how the community of Esk'etemc (Alkali Lake) navigated significant alcoholism, dysfunction, and began a journey of sobriety. Esk'etemc community members play their own roles in the film, re-enacting the events of the 1970's which would shape the future of the community, and become an inspiration to countless individuals and communities facing similar struggles.

AUG 25 FROM 2-4 P.M. JUNCTION MAIN OFFICE

August

JUNCTION COMMUNITY
CENTRE
CARIBOO CONNECTIONS

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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.

OPEN HOUSE

Drop in to learn about Cariboo Junction programs, sign up for activities, and connect with team members in a welcoming, low-pressure, no-commitment environment.

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.

POPCORN & PERSPECTIVES

Grab some popcorn and join us for thought-provoking films and documentaries exploring recovery and substance use. Stay for the conversation, share your perspective, or simply listen 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.

1:1 PEER SUPPORT **New!**

Talk to someone who's been there. Our Peers are now available to offer 1:1 support without the requirement of registering as an MHSU client. To participate, you will just need to complete a simple screening with a Junction team member.

PEER OUTREACH

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



Curious about us, but don't know where to start?

Want more info with zero pressure to commit?

DROP-IN AT OUR
open house

Ask questions, meet our team, and see what we're all about! Snacks included!

TUES, AUGUST 18
11 A.M. - 12 P.M.
JUNCTION MAIN OFFICE



Come say hi to us at

Pride
IN THE PARK

SAT, AUG 22 FROM 11 A.M. - 4 P.M.
BOITANIO PARK



INTERNATIONAL
OVERDOSE
AWARENESS DAY

A day to honor those we have lost to the toxic drug crisis and support those who continue to fight for survival.

MON, AUG 31 FROM 11 A.M. - 2 P.M.
HERB GARDNER PARK