

September

📍 3rd Floor - 540 Borland Street, Williams Lake

✉ CaribooJunction@interiorhealth.ca

☎ 250-302-5022

🌐 junctionbc.ca

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



7

CLOSED
Labour Day

1

BUILDING BACK COFFEE & CHAT
12-2 p.m. @ Junction office

2

SMART RECOVERY
3-4 p.m. @ Junction office

3

4

SMART RECOVERY
3-4 p.m. @ Junction office

8

BUILDING BACK COFFEE & CHAT
12-2 p.m. @ Junction office

9

SMART RECOVERY
3-4 p.m. @ Junction office

10

GRIEF & GRUB
2-3 p.m. @ Junction office

11

SMART RECOVERY
3-4 p.m. @ Junction office

14

MINDFUL FOUNDATIONS
2-3 p.m. @ Junction office

15

OPEN HOUSE
11 a.m. - 12 p.m. @ Junction office

BUILDING BACK COFFEE & CHAT
12-2 p.m. @ Junction office

16

SMART RECOVERY
3-4 p.m. @ Junction office

17

18

SMART RECOVERY
3-4 p.m. @ Junction office

21

MINDFUL FOUNDATIONS
2-3 p.m. @ Junction office

22

BUILDING BACK COFFEE & CHAT
12-2 p.m. @ Junction office

23

DROP-IN NALOXONE TRAINING
10-12 a.m. @ 540 Borland 2nd Floor

SMART RECOVERY
3-4 p.m. @ Junction office

24

GRIEF & GRUB
2-3 p.m. @ Junction office

FIRESIDE CONNECTIONS
1-3 p.m. @ 487 Borland front lawn

25

SMART RECOVERY
3-4 p.m. @ Junction office

28

MINDFUL FOUNDATIONS
2-3 p.m. @ Junction office

29

BUILDING BACK COFFEE & CHAT
12-2 p.m. @ Junction office

POPCORN & PERSPECTIVES
2-4 p.m. @ Junction office

30

CLOSED
National Day for Truth and Reconciliation

DID YOU KNOW?

The second Sunday after Labour Day is Terry Fox Day (September 20th).

The fourth week of September is Gender Equality Week!



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GROUP DESCRIPTIONS

MINDFUL FOUNDATIONS

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. This group lays the groundwork for Mindfulness Based Relapse Prevention (MBRP). *It is not required that you attend Mindful Foundations in order to participate in MBRP.*

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.

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!

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

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.

POPCORN & perspectives

SEPTEMBER FEATURE

The Wisdom of Trauma

Trauma is the invisible force that shapes our lives. In this documentary, Dr. Gabor Maté gives us a new vision: a trauma-informed society in which parents, teachers, physicians, policy-makers and legal personnel are not concerned with fixing behaviors, making diagnoses, suppressing symptoms and judging, but seek instead to understand the sources from which troubling behaviors and diseases spring in the wounded human soul.