

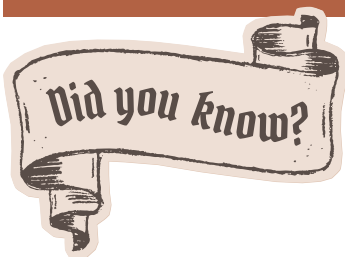
October

📍 3rd Floor - 540 Borland Street, Williams Lake

✉ CaribooJunction@interiorhealth.ca

☎ 250-302-5022

🌐 junctionbc.ca



- October is Women's History Month
- October 1st is International Coffee Day
- October 4th is the National Day of Action for MMIWG in Canada
- October 10th is World Mental Health Day
- October 21st is International Pronouns Day
- October 31st is Halloween!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 ● MINDFUL MONDAY ★ 1-3 p.m. @ Esk'etemc Health Centre Boardroom	6 BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office	7 ● SMART RECOVERY 3-4 p.m. @ Junction office	1 BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office <i>Special Activity: Nintendo Switch!</i>	2 SMART RECOVERY 3-4 p.m. @ Junction office
12 CLOSED <i>Thanksgiving</i>	13 BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office	14 ● SMART RECOVERY 3-4 p.m. @ Junction office	8 BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office <i>Special Activity: Gratitude Collage</i> GRIEF & GRUB 2-3 p.m. @ Junction office	9 SMART RECOVERY 3-4 p.m. @ Junction office
19 ● MINDFUL MONDAY ★ 1-3 p.m. @ Esk'etemc Health Centre Boardroom	20 OPEN HOUSE 11 a.m. - 12 p.m. @ Junction office BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office	21 ● DROP-IN NALOXONE TRAINING 10-12 a.m. @ 540 Borland 2nd Floor SMART RECOVERY 3-4 p.m. @ Junction office	15 BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office <i>Special Activity: Board Game Tournament</i> FIRESIDE CONNECTIONS 1-3 p.m. @ 487 Borland front lawn	16 SMART RECOVERY 3-4 p.m. @ Junction office
26 ● MINDFUL MONDAY ★ 1-3 p.m. @ Esk'etemc Health Centre Boardroom	27 BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office POPCORN & PERSPECTIVES 2-4 p.m. @ Junction office	28 ● SMART RECOVERY 3-4 p.m. @ Junction office	29 BUILDING BACK COFFEE & CHAT 12-2 p.m. @ Junction office <i>Special Activity: Pumpkin Painting</i> GRIEF & GRUB 2-3 p.m. @ Junction office	23 SMART RECOVERY 3-4 p.m. @ Junction office REVERSE TRICK-OR-TREAT! 12-2 p.m. around the downtown core SMART RECOVERY 3-4 p.m. @ Junction office

● Catch the Peer team on outreach from 12-2 p.m. around the downtown core!

★ Registration required. Contact the Cariboo Junction or Esk'etemc Health Centre for more details.

October

JUNCTION COMMUNITY
CENTRE
CARIBOO CONNECTIONS

📍 3rd Floor - 540 Borland Street, Williams Lake

✉ CaribooJunction@interiorhealth.ca

☎ 250-302-5022

🌐 junctionbc.ca

GROUP DESCRIPTIONS

MINDFUL MONDAY

This group incorporates the practice of Mindfulness-Based Relapse Prevention (MBRP), helping foster increased awareness of triggers, destructive habitual patterns, and “automatic” reactions. You will learn how to pause, observe your present experience, and bring awareness to the choices available in every moment. Registration required to participate - contact the Cariboo Junction or the Esk'etemc Health Centre. *Running until November 30th.*

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.

Reverse Trick-or-Treat

The Peer team will be roaming around the downtown core handing out tricks and treats! Keep your eyes peeled for our Halloween wagon.



WHAT IS THE JUNCTION?

The Junction Community Centre Cariboo Connections offers substance use recovery supports for people 19+ and their loved ones.

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. 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.

We want your feedback!

This month, we're running a short survey to gather feedback on your experiences with the Junction. Ask a Junction team member for more details! *Running until October 31st.*

POPCORN & perspectives



THE STAIRS

The Stairs tells the story of Marty, Greg and Roxanne, each having survived decades of street involvement. Using their experiences to ease the paths of others, they perform social work in their old neighbourhood, while struggling to maintain their newly-found stability. Told over five years, *The Stairs* examines life on society's margins.