

Recovery College Winter 2021 Semester: Virtual Schedule



Session A: January 4-February 12 (6 weeks)

Session B: February 22-April 2 (6 weeks) (Good Friday April 2 – no class)

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:15am	<p>Growing Gratitude 4 weeks Jan 18-Feb 8 Amanda O'Keefe</p> <p>My Best Self 4 weeks Feb 22-Mar 15 Amanda O'Keefe</p>			<p>My Story. My Voice 6 weeks Jan 21-Feb 25 John, Tonya and Lori</p> <p>DMHS collaboration</p>	
1:00-2:15pm	<p>Conquering Loneliness 4 weeks Jan 4-Jan 25 James and Keith</p> <p>Dealing with Stigma 6 weeks Feb 22- March 29 James and Keith</p>	<p>Understanding Anger and What Lies Beneath 12 weeks Jan 12- Mar 30 James, Keith and Tanya</p> <p>DMHS Collaboration</p>	<p>When Anxiety and Panic Attack 6 weeks Jan 6-Feb 10 James and Keith</p> <p>Coping with Current Events 5 weeks Feb 24-Mar 24 James and Keith</p>	<p>Coping with Grief and Loss 4 weeks Jan 7- Jan 28 James and Keith</p> <p>Building Better Boundaries 6 weeks Feb 25- April 1 James and Keith</p>	<p>Open Peer Discussion 6 weeks Jan 8-Feb 12 James and Keith</p> <p>Open Peer Discussion 6 weeks Feb 26- April 9 Good Friday April 2 James and Keith</p>
3:00-4:00 pm		<p>Peace Love - Expressive Arts 8 weeks Jan 5 to Feb 23 Julie Murray</p>	<p>Low Intensity Interval Training & Full Body Stretching 6 weeks A: Jan 6-Feb 10 OR B: Feb 17-Mar 24</p> <p>Julie Murray</p>	<p>Committing to a Healthier Lifestyle 8 weeks Jan 7 to Feb 25 Julie Murray and Joanna Ramsay</p>	