

Recovery College Spring/Summer 2022 Semester: Virtual Schedule

May 2, 2022 – July 29, 2022



(No class – Monday, May 23, 2022 (Victoria Day) and Friday, July 1, 2022 (Canada Day))

Session A: May 2 – June 17

Session B: June 20 – July 29

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---|--|--|---|---|
| 9:00am-10:15am | Learning about Mindfulness May 2 nd - July 25 th (12 Weeks) Sue & Heather ***No Class May 23*** | Building Resiliency May 3 rd – July 26 th (12 Weeks) Heather & Holly | Purposeful Living May 4 th – July 27 th (12 Weeks) Sue & Heather | Core Beliefs May 5 th – June 9 th (6 Weeks) Sue & Heather | Building a Skills Tool Box May 6 th – June 10 th (6 Weeks) Sue & Heather |
| | | | | Understanding Anger June 23 rd – July 28 th (6 Weeks) Sue & Heather | RSEP June 24 th – July 29 th (5 Weeks) Sue & Heather ***No class on July 1*** |
| 10:30am-11:45am | Exploring Employment As Part Of Your Recovery May 9, 2022 (1-day workshop) Michelle & Erin | Sit & Get Fit! May 3 – July 26 (12 classes) Julie ***No class on May 31*** | Let's Talk Art (6 weeks) May 4- June 8 Emily | My Story My Voice May 5 th – June 9 th (6 weeks) Sue, Tanya, Lori | Peace Love Expressive Arts May 6 - June 17 (6 weeks) Julie ***No class May 27*** |
| | Let's Butt Out Together May 30 & June 6 (2 classes) Kathryn | | Wellness Wednesday June 15 to July 27 Emily & Julie (6 weeks) | Cultivating Happiness & Joy (6 weeks) June 9 – July 14 Julie & Nicole | Women's Group (6 weeks) Holly & Leah June 24 – July 29 ***No class on July 1*** |
| 1:00-2:15pm | CMHA Collaboration Co-Design Connecting to Your Community May 2 – June 13 (6 weeks) Keith ***No Class May 23*** | Escaping Vices (w/DMHS) May 3 – June 7 (6 Weeks) Keith and Tanya | Group Facilitation Skills Training May 4 – June 8 (6 Weeks) Keith and James | Cannabis and Mental Health May 5 (1-day workshop) Keith and Sue | Conquering Loneliness May 6 – June 10 (6 Weeks) Keith and James |
| | | | Exploring Employment As Part Of Your Recovery June 15, 2022 (1-day workshop) Michelle & Erin | Understanding Burnout May 12 – June 16 (6 Weeks) Keith and Sue | |
| | WRAP June 20 – July 25 (6 Weeks) Keith and James | Self-Esteem (w/DMHS) June 21 – July 26 (6 Weeks) Keith and Tanya | Coping with Depression June 22 – July 27 (6 Weeks) Keith and James | Building Better Boundaries June 23 – July 28 (6 Weeks) Keith and James | A Good Night's Sleep June 17 - 24 (2 Weeks) Keith and James |
| | | | | | Pursuing Dreams and Aspirations July 15 - 29 (3 weeks) Keith and James |
| 3:00pm-4:15 pm | Yoga Hybrid A May 2 – June 13 Julie (5 weeks) ***No class on May 23 or May 30*** | Self-Compassion Group May 3- June 14 Emily (5 weeks) | Wellness Wednesday May 4- June 8 Emily & Julie (6 weeks) | Guided Painting A May 5 – May 26 (4 weeks) Emily | |
| | Yoga Hybrid B (6 weeks) Julie June 20 – July 25 | | | Guided Painting B June 2- June 23 (4 weeks) Emily | |