

Recovery College Fall 2022 Semester: Virtual Schedule

September 6, 2022 to December 2, 2022

(No class – Monday, October 10 (Thanksgiving Day) and Friday, November 11, 2022 (Remembrance Day))

Session A: September 6 – October 14

Session B: October 24 – December 2



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Learning about Mindfulness Sept 12 – Nov 28 (11 weeks) Sue & Heather ***No Class Oct. 10***	Building Resiliency Sept 6 - Nov 22 (12 Weeks) Heather & Sue	Purposeful Living Sept 7 – Nov 23 (12 weeks) Sue & Heather	Exploring Core Beliefs Sept 8 – Oct 13 (6 weeks) Sue & Heather	Understanding Burnout Sept 9 – Oct 14 (6 Weeks) Sue & Heather
				Understanding Anger Oct 20 – Nov 24 (6 Weeks) Sue & Heather	RSEP Oct 21 – Dec 2 (6 Weeks) Sue & Heather ***No Class Nov. 11***
10:30am-11:45am	Let’s Butt Out Together Oct 17 & 24 (2 weeks) Kathryn	Cultivating Happiness and Joy September 6 – October 11 (6 weeks) Julie & Nicole	Wellness Wednesday Sept. 7 – Oct. 12 (6 Weeks) Emily & Julie	Sit and Get Fit Sept 8 – Oct 13 (5 weeks) Julie ***No Class on Sept.15***	Scribl aka Peace Love Expressive Arts Sept 9 – Oct 14 (6 weeks) Julie
				DMHS Collaboration My Story. My Voice Sep 8 – Oct 13 (6 weeks) Tanya, Lori, Sue	
	Let’s Butt Out Together Nov 28 & Dec. 5 (2 weeks) Kathryn	Connecting to Nature Oct. 25 – Nov. 29 (6 weeks) Emily & Noelle	Wellness Wednesday Oct. 19 – Nov 23 (6 weeks) Emily & Julie	Sit and Get Fit Oct 20 – Nov 25 (6 weeks) Julie	Scribl aka Peace Love Expressive Arts Oct 21 – Nov 25 (5 weeks) Julie ***No Class Nov. 11***
	Learning About Mental Health Treatment Options Oct 24 – Nov 28 (6 weeks) Nicole				
1:00-2:15pm	Pursuing Dreams and Aspirations Sept. 12 – 26 (3 weeks) Keith & Brook	Committing to a Healthier Lifestyle Sept 20 – Nov 1 (7 weeks) Julie & Joanna	Environmental Services Skills Sep 7 – Oct 12 (6 weeks) EVS	Creative Journaling Sept. 8 – Oct. 13 (5 weeks) Emily & Julie ***No Class on Sept.15***	Yoga (not hybrid) Sept 9 – Oct 14 (6 weeks) Julie
	CMHA Collaboration Co-Design LBGTQ resources Oct. 3 – Nov 14 (6 weeks) Keith & Brook ***No Class Oct. 10***	DMHS Collaboration Coping with Depression Sep 13 – Oct 11 (5 weeks) Keith & Tanya	Self-Care 101 Sept. 7 – Oct. 5 (5 Weeks) Keith & Brook	When Anxiety and Panic Attack Sept. 8 – Oct. 13 (6 Weeks) Keith & Brook	Building Better Boundaries Sept. 9 – Oct. 14 (6 Weeks) Keith & Brook
	A Good Night’s Sleep Nov. 21 – 28 (2 Weeks) Keith & Brook	DMHS Collaboration Self-Esteem Oct 25 – Nov 29 (6 weeks) Keith & Tanya	Exploring Employment As Part Of Your Recovery October 26, 2022 (1-day workshop) Michelle & Erin	Let’s Talk Art Oct. 20 – Nov. 24 (6 weeks) Emily	Yoga (not hybrid) Oct 21 – Nov 25 (5 weeks) Julie ***No Class Nov. 11***
			Group Facilitation Skills Training Oct. 26 – Nov. 30 (6 Weeks) Keith & Nicole	Overcoming Challenges Oct. 27 – Dec. 1 (6 weeks) Keith & Brook	Apologizing and Making Amends Oct. 21 – 28 (2 Weeks) Keith & Brook
					Open Peer Discussion Nov. 4 – Dec. 2 (4 Weeks) Keith & Brook ***No Class Nov. 11***
3:00pm-4:15 pm		Self-Compassion Group Sep 13 – Oct 18 (6 weeks) Emily	TEACH 3:00 pm – 4:30 pm September 7 – September 28 (4 weeks) Nancy & Ron	Learning About Mental Health Treatment Options Sep 8 – Oct 13 (6 weeks) Nicole	
				Guided Painting Session A Emily Sept 8 –Oct 6 (5 weeks) ***No Class on Sept.15***	
		Self-Compassion Group Part B Oct 25 - Nov 29 (6 weeks) Emily	TEACH 3:00 pm – 4:30 pm October 26 – November 16 (4 weeks) Nancy & Ron	The Art of Craft Oct 13-Nov 17 (5 weeks) Emily	
5:30-7:00pm	The Art of Craft **5:30-7pm** Sept 12- Oct 17 (5 Weeks) Emily ***No Class Oct. 10***				
6-7:45pm	Guided Painting Session B **6-7:45pm** Oct 24 – Nov 28 (6 weeks) Emily				