## 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



	ssion A: September 6 – Oc		October 24 – December 2		
	Monday	Tuesday	Wednesday	Thursday	Friday
	Learning about Mindfulness	Building Resiliency	Purposeful Living	Exploring Core Beliefs	Understanding Burnout
	Sept 12 – Nov 28	Sept 6 - Nov 22	Sept 7 – Nov 23	Sept 8 – Oct 13	Sept 9 – Oct 14
	(11 weeks)	(12 Weeks)	(12 weeks)	(6 weeks)	(6 Weeks)
声	Sue & Heather	Heather & Sue	Sue & Heather	Sue & Heather	Sue & Heather
9:00am- 10:15am	***No Class Oct. 10***				
8 7.				Understanding Anger	RSEP
9:				Oct 20 – Nov 24	Oct 21 – Dec 2
				(6 Weeks)	(6 Weeks)
				Sue & Heather	Sue & Heather
					***No Class Nov. 11***
	Let's Butt Out Together	Cultivating Happiness and Joy	Wellness Wednesday	Sit and Get Fit	<u>S</u> cribl aka Peace Love
	Oct 17 & 24	September 6 – October 11	Sept. 7 – Oct. 12	Sept 8 – Oct 13	Expressive Arts
	(2 weeks)	(6 weeks)	(6 Weeks)	(5 weeks)	Sept 9 – Oct 14
	Kathryn	Julie & Nicole	Emily & Julie	Julie	(6 weeks)
				***No Class on Sept.15***	Julie
				DMHS Collaboration	
				My Story. My Voice	
				Sep 8 – Oct 13	
έE				(6 weeks)	
ar Sal	Latta Britt Out Tarathan	Constanting to National	Malla sas Mada sadas	Tanya, Lori, Sue	Carible Inc December 1
10:30am- 11:45am	Let's Butt Out Together	Connecting to Nature	Wellness Wednesday	Sit and Get Fit	Scribl aka Peace Love
0 7	Nov 28 & Dec. 5	Oct. 25 – Nov. 29	Oct. 19 – Nov 23	Oct 20 – Nov 25	Expressive Arts Oct 21 – Nov 25
	(2 weeks)	(6 weeks)	(6 weeks)	(6 weeks) Julie	
	Kathryn	Emily & Noelle	Emily & Julie	Julie	(5 weeks) Julie
					***No Class Nov. 11***
	Learning About Mental				NO Class NOV. 11***
	Health Treatment Options				
	Oct 24 – Nov 28				
	(6 weeks)				
	Nicole				
	Pursuing Dreams and	Committing to a Healthier	Environmental Services Skills	Creative Journaling	Yoga (not hybrid)
	Aspirations	Lifestyle	Sep 7 – Oct 12	Sept. 8 – Oct. 13	Sept 9 – Oct 14
	Sept. 12 – 26	Sept 20 – Nov 1	(6 weeks)	(5 weeks)	(6 weeks)
	(3 weeks)	(7 weeks)	EVS	Emily & Julie	Julie
	Keith & Brook	Julie & Joanna	Calf Carratos	***No Class on Sept.15***	Duilding Date of Decident
	CMHA Collaboration	DMHS Collaboration	Self-Care 101	When Anxiety and Panic	Building Better Boundaries
	Co-Design	Coping with Depression	Sept. 7 – Oct. 5	Attack	Sept. 9 – Oct. 14
	Oct. 3 – Nov 14	Sep 13 – Oct 11 (5 weeks)	(5 Weeks) Keith & Brook	Sept. 8 – Oct. 13	(6 Weeks) Keith & Brook
_		` '	VEITH & BLOOK	(6 Weeks) Keith & Brook	Keitii & BIOOK
7 E	(6 weeks) Keith & Brook	Keith & Tanya		KEILII & BIOOK	
:00- I5pm	***No Class Oct. 10***				
1:	A Good Night's Sleep	DMHS Collaboration	Exploring Employment As	Let's Talk Art	Yoga (not hybrid)
(4	Nov. 21 – 28	Self-Esteem	Part Of Your Recovery	Oct. 20 – Nov. 24	Oct 21 – Nov 25
	(2 Weeks)	Oct 25 – Nov 29	October 26, 2022	(6 weeks)	(5 weeks)
	(2 Weeks) Keith & Brook	(6 weeks)	(1-day workshop)	Emily	Julie
	Keitii & Di Ook	Keith & Tanya	Michelle & Erin	Lilliy	***No Class Nov. 11***
		Refer & Fullyu		Overcoming Challery	
			Group Facilitation	Overcoming Challenges Oct. 27 – Dec. 1	Apologizing and
			<b>Skills Training</b> Oct. 26 – Nov. 30	(6 weeks)	Making Amends Oct. 21 – 28
			(6 Weeks)	Keith & Brook	(2 Weeks)
			Keith & Nicole	Keitil & Blook	Keith & Brook
			ACIUI & MICUIC		Open Peer Discussion
					Nov. 4 – Dec. 2
					(4 Weeks)
					Keith & Brook
					***No Class Nov. 11***
		Self-Compassion Group	TEACH	Learning About Mental	
		Sep 13 – Oct 18	3:00 pm – 4:30 pm	=	
		Sep 13 – Oct 18 (6 weeks)	<mark>3:00 pm – 4:30 pm</mark> September 7 – September 28	Health Treatment Options	
		-		Health Treatment Options Sep 8 – Oct 13	
		(6 weeks)	September 7 – September 28	Health Treatment Options  Sep 8 – Oct 13  (6 weeks)	
		(6 weeks)	September 7 – September 28 (4 weeks)	Health Treatment Options Sep 8 – Oct 13	
		(6 weeks)	September 7 – September 28 (4 weeks)	Health Treatment Options  Sep 8 – Oct 13  (6 weeks)  Nicole	
Ę Ę		(6 weeks)	September 7 – September 28 (4 weeks)	Health Treatment Options  Sep 8 – Oct 13  (6 weeks)  Nicole  Guided Painting	
Jpm- 5 pm		(6 weeks)	September 7 – September 28 (4 weeks)	Health Treatment Options  Sep 8 – Oct 13  (6 weeks)  Nicole  Guided Painting  Session A	
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