## Recovery College Spring 2023 Semester: Virtual Schedule

**May 1 – July 28, 2023**

*(No class – Monday, May 22 (Victoria Day) & Monday, July 3 (Canada Day)*

**Session A: May 1 – June 16**  
**Session B: June 19 – July 28**

<table>
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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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| 9:00am-10:15am| Learning About Mindfulness  
10 Weeks  
May 1 – July 17  
Sue & Heather  
**No Class May 22**  
**No Class July 3** | Building Resiliency  
12 Weeks  
May 2 – July 18  
Sue & Heather | The Art of Social Interaction  
6 Weeks  
May 3 – June 7  
Sue & Heather | Exploring Non-Attachments  
6 Weeks  
May 4 – June 8  
Sue & Heather | Exploring Core Beliefs  
6 Weeks  
May 5 – June 9  
Sue & Heather |
| 10:30am-11:45am| Creative Writing  
8 weeks  
May 1 – June 26  
Julie & Krishna  
**No Class May 22** | Growing Gratitude A  
4 weeks  
May 9 – May 30  
Amanda | Pay It Forward IP  
5 weeks  
May 24 – June 21  
Amanda & Sarah | My Story My Voice A  
6 Weeks  
May 4 – June 8  
Lori & Sue | Understanding Anger  
6 Weeks  
June 16 – July 21  
Sue & Heather |
| 1:00-2:15pm   | Co-Design  
Harm Reduction  
6 Weeks  
June 19 - July 31  
Keith & Chandra  
**No Class July 3** | DMHS Collaboration Communication and Conflict  
6 Weeks  
June 21 - July 26  
Keith & Chandra | Advocacy  
6 Weeks  
June 22 - July 27  
Keith & Chandra | Pursuing Dreams and Aspirations  
6 Weeks  
June 22 - July 27  
Keith & Chandra | Open Peer Discussion  
6 Weeks  
June 23 - July 28  
Keith & Chandra |

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**Courses:**  
- **Exploring Non-Attachments**  
- **Exploring Core Beliefs**  
- **Understanding Anger**  
- **Understanding Burnout**  
- **Growing Gratitude**  
- **Pay It Forward IP**  
- **Finding Your Voice: Putting Pen to Paper**  
- **Women’s Group**  
- **CMHA Collaboration Self-Esteem**  
- **DMHS Collaboration Who Am I**  
- **Conquering Loneliness**  
- **Course Facilitation Skill Training**  
- **Budget Bites: Eating Well on a Budget**  
- **Let’s Talk About Art**  
- **Yoga Flow**  
- **Open Peer Discussion**  
- **Exploring Our Relationship with Body Image and Food**  
- **Progressive Low Impact Exercise continued**  
- **Exploring Our Relationship with Body Image and Food continued**  
- **Co-Design Harm Reduction continued**  
- **DMHS Collaboration Communication and Conflict continued**  
- **Advocacy continued**  
- **Pursuing Dreams and Aspirations continued**  
- **Yoga Flow continued**
<table>
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| 3:00 pm - 4:15 pm | Creative Journaling  
7 weeks  
May 1 – June 26  
Julie & Amanda  
**No Class May 15**  
**No Class May 22**  
**No Class June 17** |
|              | The Art of Craft  
6 weeks  
May 16 – June 20  
Amanda & Brook |
|              | Wellness Wednesday  
(8 weeks)  
May 3 – June 21  
Julie & Amanda |
|              | Good Mourning A  
6 weeks  
May 18 – June 22  
Nicole & Laurene |
|              | Discovering Watercolour Painting A  
6 weeks  
May 4 – June 8  
Ashley & Amanda |
| Creative Journaling Continued |                                                                       |
|              | Good Mourning B  
6 weeks  
June 21 – July 26  
Nicole & Laurene |
|              | Discovering Watercolour Painting B  
6 weeks  
June 22 – July 27  
Ashley & Amanda |
| 5:15 pm - 6:30 pm | Guided Painting  
6 weeks  
May 8 – June 19  
Amanda  
**No Class May 22** |
|              | Expressive Arts  
9 weeks  
May 2 – June 27  
Julie |
|              | Find Some Fun: Leisure Education  
8 weeks  
May 3 – June 21  
Julie |
|              | Pay It Forward V  
5 weeks  
May 25 – June 22  
Amanda |

**Events & Workshops**

(Events and workshops do not count toward your 4-course limit)

**Cultivating Happiness & Joy at the Oshawa Public Library, McLaughlin Branch**

Tuesday, June 6, 13, 20 & 27  
11:00 am – 12:00 pm

Please contact the library for details on registering for this event.  
https://oshawalibrary.ca/

**Exploring Employment as Part of Your Recovery**

Wednesday, May 10, 2023  
1:00 pm – 2:15 pm

**Getting to Know Your Library**

Whitby Library – Wednesday, May 17, 2023 1:00 pm – 2:15 pm  
Oshawa Library – Wednesday, June 7, 2023 1:00 pm – 2:15 pm

**We Care Well: Recovery Workshop Series for Family Caregivers**

May 4, 11, 18, 25  
1:00 pm - 2:30 pm