

# Recovery College

## Course Offerings



Recovery is a journey, not a destination



Canadian Mental  
Health Association  
Calgary  
*Mental health for all*

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college  
CALGARY

# About

Recovery College offers short-term courses and discussion groups to support participants with mental health concerns (including substance use). We focus on helping people develop their own resourcefulness in order to support themselves or their loved one's recovery.

All of our courses are free and delivered in partnership with our Peer Support Workers who are experts by experience. They have their own personal story of a mental health or substance use concern, or supporting a loved one.



## A Better Relationship with Sleep

Our sleep can play a big part in how we act and feel when we're awake. In this course, you can develop an improved understanding about your own relationship with sleep. You can also learn strategies to help better manage your sleep.



## Adulting 101

Regardless of your age, "adulting" can be tricky and we often don't know where to start. In this course you will be encouraged to discover your own definition of success. You will explore topics like choice, money, relationships and taking care of yourself. Join this course and learn how to put your adulting skills into practice.



## The Art of Friendship

This course will help you learn about yourself – what you say and the way you act can affect your relationships with others. Learning these skills will help you gain confidence in your relationships.



## Body Image

In this class you will talk about the pressure society puts on us to look a certain way. You will learn skills about how to feel happier and healthier every day.



### **Building Better Boundaries**

Boundaries affect your mental health! Setting and enforcing boundaries while also respecting the boundaries of others will be explored.



### **Challenging Procrastination**

The time to start is now! Learn how to tackle challenges, stop putting things off, and feel organized and productive every day.



### **Confront the Discomfort**

Learn how to recognize, value, and react to important anxiety warning signs in order to deal with anxiety in your life in a more positive and healthy way.



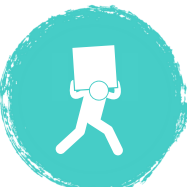
### **Conversations That Matter**

People aren't born with good communication skills; like any other skill, they are learned through trial and error and repeated practice. This course will help you learn and practice these skills.



### **Coping With Current Events**

In this class, learn how to gain perspective when interpreting the news and practice coping strategies to help you process how you feel about the issues facing our world today.



### **Dealing with Tough Stuff**

In this bite-sized course, learn strategies to gain control over the external stressors in your life and minimize the impact they have on you.



### **Female Empowerment**

Celebrate your strengths, talk about gender identity and equality, and develop a well-rounded perspective on what it means to be a woman today. Do you identify as female? This course is for you!



### **Finding Your Balance**

In this course, built for those supporting a loved one with a mental health or substance use concern, you will learn how to take care of yourself by creating a network of support, learning personal coping strategies, and gaining useful tools to support yourself with hope and acceptance.



### Food and Mood

Everything you put into your body affects how you feel – which includes your mental health! Look at why and how you eat and how that impacts your mood and energy levels.



### Gender, Sexual, and Romantic Diversity: Community Connections

This course was designed by members of the 2SLGBTQIA+ community to help build community connections. You will explore your identity and learn how being part of the 2SLGBTQIA+ community can help shape your recovery journey.



### Getting Ready for the Holidays

Winter holiday season can be difficult to navigate. In this course, learn how to balance others' expectations with your own, develop a holiday season budget, and prioritize self-care during this stressful time. In the third session, learn how to make great, inexpensive DIY gifts you can give with pride.



### Hopes and Dreams

In this course you will have the space to explore your future possibilities. Discover and act on realistic, positive, and healthy future goals.



### In Someone Else's Shoes

You will learn how to recognize individuality and uniqueness in both yourself and others. Learn how to help others who are on their own recovery journeys.



### The Importance of Being an Ally

Are you wanting to learn how to support and advocate for members of the LGBTQ+ community? This is the course for you! From learning the correct vocabulary to advocacy skills, this course will help you learn all the skills you need.



### Keep Calm and Dream On

This one-session course is geared toward helping you to pause and evaluate your emotions, dream about your future, find solutions, and gear up for change using your own language through the creative process.



### Letting Go Through Laughter

They say laughter is the best medicine. In this course, you can learn how to use humour and laughter to let you better deal with life's difficulties.



### Managing Your Inner Critic

Are you your own worst critic? In this course you will learn how to build strategies to challenge and deal with negative thoughts. Explore how you identify with yourself and your behaviours.



### Navigating Harm Reduction

In this course you will learn how harm reduction relates to your everyday life, including substance abuse. Challenge and examine your own biases and judgments.



### Practicing Compassion

The act of practicing compassion helps you to connect with others, and manage your emotions. You will learn how to focus your energy on becoming a part of a community where your efforts are appreciated and valued!



### Practicing Mindfulness

Mindfulness is integral to many people's recovery journeys. In this bite-sized course you will learn different mindfulness techniques to help you stay in the present moment.



### Rethinking Our Thoughts

How and what you think can make you feel better or worse. This course will help you learn about yourself and how your thoughts can affect how you feel and act.



### Road to Recovery

The road to recovery is usually not the easiest path, but it certainly is one worth travelling. You will learn how to think and act in ways that move you toward a more meaningful life. This course is an excellent introduction to what Recovery College has to offer you.



### Self-Care Starter Pack

In this course you will learn ways to take time for yourself, build up self-esteem, and maintain healthy boundaries in order to keep yourself mentally and physically well.



### **Shades of Self-Disclosure**

Sometimes it can be difficult to know what to share, or who to share it with. In this course, you will learn how to be open yet cautious about self-disclosure, making you feel more comfortable when interacting with others.



### **Taking Charge of Self-Care**

Have a lot of fun while you learn about the different areas in your life that require self-love and support! You will get hands-on skill practice and learn ways to include self-care in your daily schedule.

## **Intro Series Courses**

Our Intro Series courses are for those looking to dip their toes into a new skill, as well as for those looking for a refresher. In these one-session courses, learn a few of the main concepts and skills related to these bigger topics.



### **Intro to Anxiety Management**

Learn what stress and anxiety look like in your life, and learn practical skills to help you manage your heightened anxiety.



### **Intro to Boundaries**

What are boundaries and why are they important to your mental health? In this course, you can learn how to identify when you need boundaries as well as how to communicate them to others.



### **Intro to Recovery**

Everyone's recovery journey is unique. Learn about self-determination and hope, and how they can both play an important role in your own journey.



### **Intro to Your Thoughts**

Changing negative thinking patterns can have a positive impact on your mental health. In this course, you can learn strategies to help you start to work on managing negative thought patterns.

# Recovery Recreation

Recovery Recreation provides you with the opportunity to join various leisure activity groups which are recovery-focused and strength-based. Grow your sense of community while building your individual skills in a positive setting to promote your mental health.



## Circle of Friends

You can practice your social skills, build friendships, and discover social engagement in a new way. Join us to participate in recreational activities and build your sense of community through discussion.



## Feel Good Friday

You can join us for an enjoyable activity to learn about the importance of self-care, mindfulness, self-preservation, and gain skills to maintain a positive, recovery-focused mindset.



## Treat Yourself Tuesday

Participate with your peers in recreational activities while building your leisure skills and connecting with community!



## Welcome Wednesday

New to CMHA Calgary? Come explore our Recovery College and Welcome Center with a quick tour! Afterwards, there will be an enjoyable activity to get you even more familiar with the space and our team!

## Registering For a Course

All of CMHA Calgary's Recovery College courses are free for anyone 16+ to attend with no referral needed. All we require is an open mind and a willingness to participate. Classes are currently being held online on Mondays and Fridays, and in-person Tuesday - Thursday (#105, 1040 - 7 Avenue SW).

To register, visit [www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca). If you can't find an answer or require help registering for courses, phone us at 403-297-1402 or email us at [recovery.college@cmha.calgary.ab.ca](mailto:recovery.college@cmha.calgary.ab.ca).



# Additional CMHA Calgary Programs

## Peer Support

Our Peer Support service provides the opportunity for anyone looking for a connection with someone who understands what it's like to experience a mental health or substance abuse concern, the chance to speak with someone with personal experience.



403-297-1402



[peer@cmha.calgary.ab.ca](mailto:peer@cmha.calgary.ab.ca)

## YouthSMART

YouthSMART (Youth Supporting Mental Health and Resiliency Together) offers a popular menu of mental health learning sessions and engagement opportunities for all Calgary and area schools, youth groups, and sports leagues serving youth aged 12 - 24. All sessions are age-appropriate, interactive, and flexible between virtual delivery and in-person facilitation.



[education@cmha.calgary.ab.ca](mailto:education@cmha.calgary.ab.ca)



[www.youthsmart.ca](http://www.youthsmart.ca)

## Community Education

CMHA Calgary offers a range of virtual or in-person mental health education program sessions for adult community groups, workplaces, and organizations. Topics include mental health awareness, stress management and healthy coping, suicide prevention, and more.



[education@cmha.calgary.ab.ca](mailto:education@cmha.calgary.ab.ca)

## EQUIPPED

EQUIPPED offers mental health training and tools for young adults. It builds on the basic concepts taught in YouthSMART, but expands knowledge for a slightly older audience of emerging adults ages 16 to 24. The program is an online, self-directed mental health education platform that offers a variety of courses.



[www.equipped.youthsmart.ca](http://www.equipped.youthsmart.ca)



# Keeping in Contact with CMHA Calgary



[www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)

[www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca)

[www.youthsmart.ca](http://www.youthsmart.ca)



403-297-1700



[info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)



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<https://secure.cmha.calgary.ab.ca/join-our-newsletter>