


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To register, please visit www.recoverycollegecalgary.ca or call/text 403- 312-6585. All courses are FREE and available online and in-person				
 <p><u>Legend</u></p> <ul style="list-style-type: none"> ● Online Course ● In-Person Course ● Closure 				<p>1</p> <ul style="list-style-type: none"> ● Intro to Self-Care 10 am - 12 pm / 1 Session
<p>4</p>	<p>5</p>	<p>6</p> <ul style="list-style-type: none"> ● Challenging Procrastination 6 pm - 8 pm / 2 Sessions ● Connecting with Coworkers 10 am - 12 am / 1 Session CMHA Green Classroom ● Conversations that Matter 2 pm - 4 pm / 4 Sessions 	<p>7</p> <ul style="list-style-type: none"> ● Building Better Boundaries 2 pm - 4 pm / 4 Sessions 	<p>8</p> <ul style="list-style-type: none"> ● A Better Relationship with Sleep 10 am - 12 pm / 2 Sessions ● Intro to Your Thoughts 2 pm - 4 pm / 1 Session
<p>11</p> <ul style="list-style-type: none"> ● Bring Compassion to Your Life 10 am - 12 pm / 1 Session ● Hopes and Dreams 2 pm - 4 pm / 3 Sessions 	<p>12</p> <ul style="list-style-type: none"> ● Connecting with Your Family 10 am - 12 am / 1 Session CMHA Green Classroom ● Dealing with Tough Stuff 6 pm - 8 pm / 1 Session ● Intro to Anxiety Management 2 pm - 4 pm / 1 Session 	<p>13</p> <ul style="list-style-type: none"> ● Intro to Recovery 2 pm - 4 pm / 1 Session ● Taking Charge of Self-Care 10 am - 12 pm / 3 Sessions 	<p>14</p> <ul style="list-style-type: none"> ● Practicing Mindfulness 2 pm - 4 pm / 1 Session ● Adulting 101 6 pm - 8 pm / 4 Sessions 	<p>15</p>
<p>18</p> <ul style="list-style-type: none"> ● Intro to Boundaries 10 am - 12 pm / 1 Session 	<p>19</p> <ul style="list-style-type: none"> ● Connecting with Others 10am - 12 pm / 1 Session CMHA Green Classroom 	<p>20</p> <ul style="list-style-type: none"> ● Managing Your Inner Critic 6 pm - 8 pm / 2 Sessions 	<p>21</p> <ul style="list-style-type: none"> ● Want a Better Night's Sleep? 10 am - 12 pm / 1 Session 	<p>22</p>
<p>25</p>	<p>26</p> <ul style="list-style-type: none"> ● Communicate with Confidence 10 am - 12 am / 1 Session ● Confront the Discomfort 2 pm - 4 pm / 4 Sessions 	<p>27</p> <ul style="list-style-type: none"> ● Connecting with Yourself 2 pm - 4 pm / 1 Session CMHA Green Classroom 	<p>28</p> <ul style="list-style-type: none"> ● Understanding Procrastination 2 pm - 4 pm / 1 Session Carya Village Commons 	<p>29</p>

To register, please visit www.recoverycollegecalgary.ca or call/text 403- 312-6585. All courses are **FREE** and available **online** and **in-person**

Join us this month in Recovery College for our newly developed **Connection Series**. Whether you are looking find connections with co-workers, connect with friends or connect with yourself ... these single session courses are for everyone. Sign up for one ... or all 4!



Connecting with Coworkers	August 6 - 10 AM - 12 PM	Green Classroom, Recovery College
Connecting with Your Family	August 12 - 10 AM - 12 PM	Green Classroom, Recovery College
Connecting with Others	August 19 - 10 AM - 12 PM	Green Classroom, Recovery College
Connecting with Yourself	August 27 - 2 PM - 4 PM	Green Classroom, Recovery College

Recovery College offers short-term courses and discussion groups to support participants looking to improve their mental health and wellness. All of our **FREE** courses are delivered in partnership with our Peer Supporters who are experts by experience, having their own personal journey with mental health or substance use concern, or are supporting a loved one.

Please visit recoverycollegecalgary.ca to register for all of our **FREE** courses.

For registration support and course navigation;
Please email recovery.college@cmha.calgary.ab.ca
or call/text 403- 312-6585.