

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"> ● Practicing Mindfulness 2 pm - 4 pm / 1 Session @ Melcor YMCA ● Intro to Boundaries 6 pm - 8 pm / 1 Session 	<p>2</p>	<p>3</p> <ul style="list-style-type: none"> ● Connecting with Yourself 2 pm - 4 pm / 1 session
6	7	<p>8</p> <ul style="list-style-type: none"> ● Intro to your Thoughts 2 pm - 4 pm / 1 Session @ Melcor YMCA ● Intro to Anxiety Management 6 pm - 8 pm / 1 Session 	<p>9</p> <ul style="list-style-type: none"> ● Practicing Compassion 10 am - 12 pm / 4 Sessions ● Road to Recovery 6 pm - 8 pm / 4 Sessions 	<p>10</p> <ul style="list-style-type: none"> ● Connecting with Your Family 2 pm - 4 pm / 1 Session
13	<p>14</p> <ul style="list-style-type: none"> ● Confront the Discomfort 10 am - 12 pm / 4 Sessions ● Rethinking Our Thoughts 2 pm - 4 pm / 4 Sessions 	<p>15</p> <ul style="list-style-type: none"> ● Want a Better Nights Sleep? 2 pm - 4 pm / 1 Session @ Melcor YMCA 	<p>16</p> <ul style="list-style-type: none"> ● Communicate with Confidence 10 am - 12 pm / 1 session ● Building Better Boundaries 2 pm - 4 pm / 4 Sessions 	<p>17</p> <ul style="list-style-type: none"> ● Art of Friendship 10 am - 12 pm / 8 Sessions @ Recovery College ● Intro to Self-Care 2 pm - 4 pm / 1 session
<p>20</p> <ul style="list-style-type: none"> ● Taking Charge of Self-Care 2 pm - 4 pm / 4 Session 	<p>21</p> <ul style="list-style-type: none"> ● Shades of Self-Disclosure 2 pm - 4 pm / 2 Sessions ● Managing Your Inner Critic 6 pm - 8 pm / 2 Sessions 	<p>22</p> <ul style="list-style-type: none"> ● Conversations That Matter 2 pm - 4 pm / 4 sessions ● Understanding Procrastination 2 pm - 4 pm / 1 session @ Melcor YMCA 	<p>23</p> <ul style="list-style-type: none"> ● A Better Relationship with Sleep 2 pm - 4 pm / 2 Sessions 	<p>24</p> <ul style="list-style-type: none"> ● Let's Talk About Adulting 2 pm - 4 pm / 1 Session
27	<p>28</p> <ul style="list-style-type: none"> ● Challenging Procrastination 10 am - 12 pm / 2 sessions 	<p>29</p> <ul style="list-style-type: none"> ● Dealing with Tough Stuff 10 am - 12 pm / 1 session ● Communicate with Confidence 2 pm - 4 pm / 1 session @ Melcor YMCA ● Intro to Recovery 6 pm - 8 pm / 1 Session 	30	31

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This month, Recovery College will be offering In-Person workshops at Melcor YMCA (@Crowfoot). Join us Wednesday afternoons in October for connection and discussions around mental health wellness. All of these single session courses are FREE and registration is open at www.recovery.college@cmha.calgary.ab.ca



Practicing Mindfulness	October 1 - 2 PM - 4 PM	Melcor YMCA (Crowfoot)
Intro to Your Thoughts	October 8 - 2 PM - 4 PM	Melcor YMCA (Crowfoot)
Want a Better Night's Sleep?	October 15 - 2 PM - 4 PM	Melcor YMCA (Crowfoot)
Understanding Procrastination	October 22 - 2 PM - 4 PM	Melcor YMCA (Crowfoot)
Communicate with Confidence	October 29 - 2 PM - 4 PM	Melcor YMCA (Crowfoot)



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.