

MONDAY

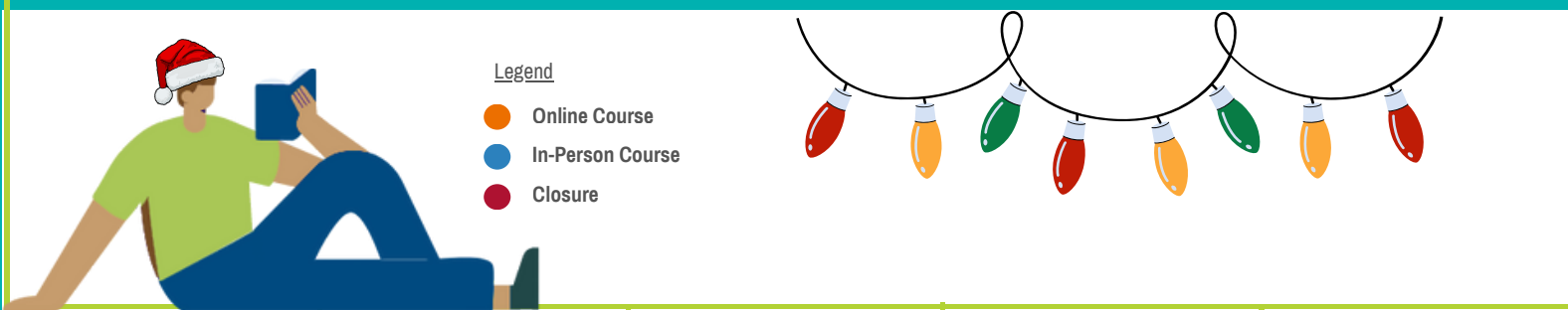
TUESDAY

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**

 <u>Legend</u> - Online Course - In-Person Course - Closure				
3	● Practicing Mindfulness 6 pm - 8 pm / 1 session	● Let's Talk About Adulting 2 pm - 4 pm / 1 Session Shawnessy YMCA	● Connecting with Others 10 am - 12 pm / 1 Session Carya Village Commons	● Intro to Anxiety Management 2 pm - 4 pm / 1 Session
● Dealing with Tough Stuff 2 pm - 4 pm / 1 Session	● Closed 	● Intro to Anxiety Management 2 pm - 4 pm / 1 Session Shawnessy YMCA ● Connecting with Your Family 6 pm - 8 pm / 1 session	● Connecting with Family 10 am - 12 pm / 1 Session Carya Village Commons ● Confront the Discomfort 6 pm - 8 pm / 4 Sessions	● Intro to Boundaries 2 pm - 4 pm / 1 Session
17	● Building Better Boundaries 2 pm - 4 pm / 4 Sessions	● Understanding Procrastination 2 pm - 4 pm / 1 session Shawnessy YMCA ● Connecting with Co-Workers 6 pm - 8 pm / 1 session	● Connecting with Yourself 10 am - 12 pm / 1 Session Carya Village Commons ● Bring Compassion to Your Life 6 pm - 8 pm / 1 Session	● Intro to Self-Care 2 pm - 4 pm / 1 Session
24	● Let's Talk About Adulting 10 am - 12 am / 1 Session ● Conversations that Matter 6 pm - 8 pm / 4 Sessions	● Want a Better Night's Sleep? 2 pm - 4 pm / 1 session Shawnessy YMCA ● Connecting with Others 6 pm - 8 pm / 1 Session	● Intro to Boundaries 10 am - 12 pm / 1 Session Carya Village Commons ● Hopes & Dreams 2 pm - 4 pm / 3 Sessions	● Intro to Recovery 2 pm - 4 pm / 1 Session

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This month, Recovery College will be offering In-Person workshops at Shawnessy YMCA every Wednesday, and at Carya Village Commons (610 8 Ave SE, Calgary AB T2G 0M1) every Thursday. Join us Wednesday afternoons, and/or Thursday mornings in November 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

Let's Talk About Adulting	November 5 - 2 PM - 4 PM	Shawnessy YMCA
Intro to Anxiety Management	November 12 - 2 PM - 4 PM	Shawnessy YMCA
Understanding Procrastination	November 19 - 2 PM - 4 PM	Shawnessy YMCA
Want a Better Night's Sleep?	November 26 - 2 PM - 4 PM	Shawnessy YMCA
Connecting with Others	November 6 - 10 AM - 12 PM	Carya Village Commons
Connecting with Family	November 13 - 10 AM - 12 PM	Carya Village Commons
Connecting with Yourself	November 20 - 10 AM - 12 PM	Carya Village Commons
Intro to Boundaries	November 27 - 10 AM - 12 PM	Carya Village Commons



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.