

December 2025

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				
1	2	3 <ul style="list-style-type: none"> ● Dealing with Stress at Life's Busiest Times 10 am - 12 pm / 3 Sessions ● Managing Your Inner Critic 2 pm - 4 pm / 2 Sessions ● Connecting with Yourself 6 pm - 8 pm / 1 Session 	4 <ul style="list-style-type: none"> ● Practicing Mindfulness 2 pm - 4 pm / 1 Session 	5 <ul style="list-style-type: none"> ● A Better Relationship with Sleep 2 pm - 4 pm / 2 Sessions
8	9	10 <ul style="list-style-type: none"> ● Connecting with Others 10 am - 12 pm / 1 Session ● Intro to Your Thoughts 2 pm - 4 pm / 1 Session 	11 <ul style="list-style-type: none"> ● Intro to Boundaries 6 pm - 8 pm / 1 Session 	12 <ul style="list-style-type: none"> ● Connecting with Yourself 10 am - 12 pm / 1 session
15 <ul style="list-style-type: none"> ● Intro to Your Thoughts 2 pm - 4 pm / 1 Session 	16 <ul style="list-style-type: none"> ● Communicate with Confidence 2 pm - 4 pm / 1 Session 	17	18 <ul style="list-style-type: none"> ● Dealing with Tough Stuff 10 am - 12 pm / 1 Session ● Let's Talk About Adulting 2 pm - 4 pm / 1 Session 	19 <ul style="list-style-type: none"> ● Connecting with Family 10 am - 12 pm / 1 Session ● Intro to Anxiety Management 2 pm - 4 pm / 1 Session
22	23	24	25 ● Closed 	26 ● Closed
29 <ul style="list-style-type: none"> ● Keep Calm and Dream On 2 pm - 4 pm / 1 Session 	30 <ul style="list-style-type: none"> ● Intro to Recovery 2 pm - 4 pm / 1 Session 	31 <ul style="list-style-type: none"> ● Intro to Self-Care 10 am - 12 pm / 1 session 	<div>  <p>Secure your own one-to-one peer support appointment at communityconnectyyyc.ca or scan the QR code.</p> </div> <div> <p>Legend</p> <ul style="list-style-type: none"> ● Online Course ● In-Person Course ● Closure  </div>	