



| 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**



Secure your own one-to-one peer support appointment at communityconnectyyyc.ca or scan the QR code.

- Legend**
- Online Course
 - In-Person Course
 - Closure



- 1**
- **A Better Relationship with Sleep**
2 pm - 4 pm / 2 sessions

4

● **Closed**

5

- **Shades of Self-Disclosure**
6 pm - 8 pm / 2 Sessions

6

- **Challenging Procrastination**
2 pm - 4 pm / 2 sessions
- **Practicing Mindfulness**
6 pm - 8 pm / 1 Session

7

- **Art of Friendship**
10 am - 12 pm / 8 Sessions
- **Bring Compassion to Your Life**
6 pm - 8 pm / 1 Session

8

- **Building Better Boundaries**
10 am - 12 pm / 4 Sessions

11

- **Intro to Recovery**
10 am - 12 pm / 1 Session

12

- **Adulting 101**
2 pm - 4 pm / 4 sessions

13

- **Intro to Your Thoughts**
10 am - 12 pm / 1 Session
- **Connecting with Yourself**
6 pm - 8 pm / 1 session

14

- **Intro to Self-Care**
2 pm - 4 pm / 1 Session
- **Managing Your Inner Critic**
6 pm - 8 pm / 2 sessions

15

18

- **Closed**

19

20

- **Intro to Boundaries**
10 am - 12 pm / 1 Session

21

22

- **Let's Talk About Adulting**
2 pm - 4 pm / 1 Session

25

- **Understanding Procrastination**
10 am - 12 pm / 1 Session
- **Want a Better Night's Sleep?**
2 pm - 4 pm / 1 Session

26

- **Road to Recovery**
6 pm - 8 pm / 4 Sessions

27

- **Intro to Anxiety Management**
10 am - 12 pm / 1 Session
- **Dealing with Tough Stuff**
2 pm - 4 pm / 1 Session

28

- **Hopes & Dreams**
2 pm - 4 pm / 3 Sessions

29

- **Taking Charge of Self-Care**
2 pm - 4 pm / 4 Sessions