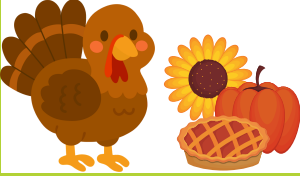


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To register, please visit www.recoverycollegecalgary.ca or call/text 403- 312-6585. All courses are FREE and available online and in-person				
Secure your registration to our courses at www.recoverycollegecalgary.ca or scan the QR code.  Legend - Online Course - In-Person Course - Closure 			1	2
5 ● Intro to Anxiety Management 2 pm - 4 pm / 1 Session	6	7 ● Dealing with Tough Stuff 2 pm - 4 pm / 1 session ● Want a Better Night's Sleep? 6 pm - 8 pm / 1 session	8 ● Practicing Compassion 2 pm - 4 pm / 4 Sessions	9 ● Intro to Boundaries 10 am - 12 pm / 1 Session ● Challenging Procrastination 2 pm - 4 pm / 2 Sessions
12 ● Closed 	13 ● Rethinking Our Thoughts 2 pm - 4 pm / 4 Sessions	14 ● Practicing Mindfulness 2 pm - 4 pm / 1 session	15	16 ● Intro to Your Thoughts 10 am - 12 pm / 1 session
19	20 ● Intro to Recovery 10 am - 12 pm / 1 Session	21	22	23 ● Road to Recovery 10 am - 12 pm / 4 Sessions ● Intro to Self-Care 2 pm - 4 pm / 1 Session
26	27	28 ● Bring Compassion to Your Life 2 pm - 4 pm / 1 Session	29	30 