

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				
2	3 ● Dealing with Tough Stuff 10 am - 12 pm / 1 session	4 ● Intro to Self-Care 10 am - 12 pm / 1 session ● Navigating the Mental Health System 2 pm - 4 pm / 1 session	5 ● Understanding Procrastination 10 am - 12 pm / 1 Session Carya Village Commons ● Confront the Discomfort 2 pm - 4 pm / 4 Sessions	6 ● Building Better Boundaries 2 pm - 4 pm / 4 Sessions
9	10 ● Art of Friendship 2 pm - 4 pm / 8 Sessions	11 ● Recovery College Closed 	12 ● Want a Better Night's Sleep? 10 am - 12 pm / 1 Session Carya Village Commons	13
16	17 ● Intro to Recovery 2 pm - 4 pm / 1 Session	18 ● Caregiver Connection: You are not alone. 2 pm - 4 pm / 1 Session ● Challenging Procrastination 6 pm - 8 pm / 2 Sessions	19 ● Bring Compassion to Your Life 10 am - 12 pm / 1 Session Carya Village Commons ● Practicing Mindfulness 6 pm - 8 pm / 1 Session	20 ● Shades of Self-Disclosure 10 am - 12 pm / 2 Sessions
23	24	25 ● Caregiver Connections: Me, Myself, and I 2 pm - 4 pm / 1 Session	26 ● Intro to Boundaries 10 am - 12 pm / 1 Session Carya Village Commons	27
30	Secure your registration to our courses at recoverycollege.ca or scan the QR code.   <div> Legend ● Online Course ● In-Person Course ● Closure </div>			