

Recovery College Fall 2026 Semester: **Session A**



September 8, 2026 – December 4, 2026

No class – Monday, Sept 7th (Labour Day), Monday, Oct 12th (Thanksgiving Day) & Wednesday, Nov 11th (Remembrance Day)

Session A: Sept 8 – Oct 16 Session B: Oct 26 – Dec 4

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 10:15 am	Virtual – Mindfulness Meditation – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Sue & Heather	Virtual – Managing Anger – A Sept 8 - Oct 13 6 classes Sue & Heather	Virtual – Exploring Radical Acceptance – A Sept 9 - Oct 14 6 classes Heather & Sue	Virtual – Understanding Neurodiversity – A Sept 10 - Oct 15 6 classes Heather & Stacie	Virtual – Detaching with Love – A Sept 11 - Oct 16 6 classes Heather & Sue
			In-Person – Wellness Walk – A Sept 9 - Oct 14 6 classes Nicole & Leah		Virtual – Surviving a Personal Crisis – A Sept 11 - Oct 16 6 classes Keith & Claire
10:30 am - 11:45 am	In-Person – The Mirror & The Plate: Exploring Our Relationship with Body Image and Food – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Keith & Stacie	In-Person – Who Am I? – A Sept 8 - Oct 13 6 classes Keith & Chandra	In-Person – Attitude of Gratitude – A Sept 9 - Oct 14 6 classes Robin & Chandra	In-Person – Overcoming Challenges – A Sept 10 - Oct 15 6 classes Keith & Chandra	In-Person – Identifying Unhealthy Relationships – A Sept 11 - Oct 16 6 classes Heather & Chandra
	Virtual – Poems Inspired by Famous Poets – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Julie & Krishna		Virtual – My Stories, My Voice – A Sept 9 - Oct 14 6 classes Sue & Lori	In-Person – Pickleball – A Sept 10 - Oct 15 6 classes Sue & Julie	
	In-Person – CPR-C – A Oct 19 9:00am – 3:00pm 1 class Jenine & Leah	In-Person – Your Personal Recovery Journey – A Sept 8 - Oct 13 6 classes Nicole & Leah	In-Person – Pathways to Work: Exploring Your Next Steps Toward Employment – A Sept 16 1 class Falguni 10:30am - 12:30pm	Virtual – Your Personal Recovery Journey – A Sept 10 - Oct 15 6 classes Nicole & Leah	
1:00 pm - 2:15 pm	Virtual – Emotional Intelligence – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Keith & Chandra	Virtual – Self-Care 101 – A Sept 8 - Oct 13 6 classes Keith & DMHS	Virtual – Self-Esteem – A Sept 9 - Oct 14 6 classes Keith & Stacie	Virtual – Course Facilitation Skills Training – A Sept 10 - Oct 15 6 classes Chandra & Stacie	Virtual – Pursuing Dream and Aspirations – A Sept 11 - Oct 16 6 classes Sue & Chandra
		Virtual – Speaks to Readiness – A Sept 8 - Oct 13 6 Classes Heather & Chandra	In-Person – Just Craftin’ Around: The Holiday Edition – A Sept 9 - Oct 14 6 classes Julie & Hailey	Virtual – Co -Dependency – A Sept 10 - Oct 15 6 classes Heather & Bri	Virtual – Find Your Zen for the Weekend Yoga – A & B Sept 11 - Dec 4 (No class Oct 23) 12 classes Julie
	In-Person – Art Journaling – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Julie & Marsha		In-Person – Building Self Worth – A Sept 9 - Oct 14 6 classes Heather & Michael	In-Person – Stitch and B*tch – A (Multifaith Room) Sept 10 - Oct 15 6 classes Leah, Denise & Nicole	
	Virtual – Thriving Together: Community Wellness Peer Support Group – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Nicole & Leah	In-Person – The Dynamics of Discharge – A Sept 8 - Oct 13 6 classes Nicole & Leah	In-Person – Thriving Together: Community Wellness Peer Support Group – A Sept 9 - Oct 14 6 classes Nicole & Leah	In-Person – WRAP – A & B Sept 10 - Nov 5 (No class Oct 22) 8 Classes *1:00 pm – 2:30 pm* Keith & Tanya	
			In-Person – Communication and Conflict – A @ the Bowmanville Library Sept 9 - Oct 14 (No class Sept 30) 5 classes Sue & Chandra	In-Person – Hiking Group – A Sept 10 - Oct 15 6 classes Sue & Robin	

In-Person	Virtual	Community	Transitional Discharge	Workshop
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3:00 pm - 4:15 pm		In-Person – Circle of Learning: Indigenous Teachings Reflection & Community – A Sept 8 - Oct 13 6 classes Leah & Levi	In-Person – Off the Wall Miniatures Painting with Deb – A & B Sept 9 - Dec 2 (No class Oct 21 & Nov 11) 11 classes Debbie, Nicole & Leah	In-Person – Singing 101 (Community Choir) – A (Multifaith Room) Sept 10 - Oct 15 6 classes Kaitlyn, Clark & Leah	
		In-Person – Coping with Anxiety and Panic – A Sept 8 - Oct 13 6 classes Keith & Stacie			
	Virtual – Building Better Boundaries – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Keith & Heather	Virtual – Progressive Fitness – A & B Sept 8 - Dec 1 (No class Oct 20) 12 classes Julie		Virtual – Discovering Watercolours – A Sept 10 - Oct 15 6 classes Julie & Ashley	Virtual – Beyond the Brush Acrylic Painting – A Sept 11 - Oct 16 6 classes Julie
5:15 pm – 6:30 pm		Virtual – Chew on This! – A Sept 8 - Oct 13 6 class Julie & Jessica	Virtual – A Zest for Zentangle – A Sept 9 - Oct 14 6 classes Julie		
			Virtual – Caring for Older Adults: Managing the Emotions of Caring – A Sept 16 1 class Loretta & Steph		
5:30 pm – 7:00 pm	Virtual – Caregiving the Caregivers of Adolescents – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Sue & Stacie				