

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



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 – Write Your Way Forward – B Oct 26 - Nov 30 6 classes Sue & Heather	Virtual – Understanding Core Beliefs – B Oct 27 - Dec 1 6 classes Sue & Heather	Virtual – Building Resiliency – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Sue & Heather	Virtual – Learning about Schizoaffective Disorder – B Oct 29 - Dec 3 6 classes Heather & Tanya	Virtual – Exploring Unhealthy Thought Patterns – B Oct 30 - Dec 4 6 classes Sue & Heather
			In-Person – Wellness Walk – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Nicole & Leah		Virtual – Compassionate Recovery – B Oct 30 - Dec 4 6 classes Keith & Claire
10:30 am – 11:45 am	In-Person – LOL: The Art of Laughing – B Oct 26 - Nov 30 6 classes Chandra & Leah	In-Person – Coping with Depression – B Oct 27 - Dec 1 6 classes Chandra & Keith	In-Person – Maintaining Momentum – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Keith & Chandra	In-Person – Pickleball – B Oct 29 - Dec 3 6 classes Julie & Sue	In-Person – Building Better Boundaries – B Oct 30 - Dec 4 6 classes Chandra & Heather
	Virtual – Self-Care 101 – B Oct 26 - Nov 30 6 classes Keith & Stacie	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image and Food – B Oct 27 - Dec 1 6 classes Keith & Stacie	Virtual – My Stories, My Voice – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Sue & Lori	In-Person – Course Facilitation Skills Training – B Oct 29 - Dec 3 6 classes Chandra & Stacie	
	Virtual – Poems Inspired by Famous Poets – B Oct 26 - Nov 30 6 classes Julie & Krishna	In-Person – Your Personal Recovery Journey – B Oct 27 - Dec 1 6 classes Nicole & Leah	In-Person – Pathways to Work: Exploring Your Next Steps Toward Employment – B Nov 18 1 class Falguni 10:30am - 12:30pm	Virtual – Your Personal Recovery Journey – B Oct 29 - Dec 3 6 classes Nicole & Leah	
1:00 pm - 2:15 pm		Virtual – Building Better Communication and Relationships – B Oct 27 - Dec 1 6 classes Keith & DMHS	Virtual – Communication and Conflict – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Keith & Heather	Virtual – Learning about Borderline Personality Disorder – B Oct 29 - Dec 3 6 classes Heather & Bri	Virtual – Exploring Non-Attachment – B Oct 30 - Dec 4 6 classes Sue & Keith
	In-Person – Art Journaling – B Oct 26 - Nov 30 6 classes Julie & Marsha	In-Person – Self-Esteem Boost for Women: Pathway to Wellness & Self-Care – B Oct 27 - Dec 1 6 classes Chandra & Colleen	In-Person – Just Craftin’ Around: The Holiday Edition – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Julie & Chandra	In-Person – Advocacy – B Oct 29 - Dec 3 6 classes Chandra & Stacie	Virtual – Find Your Zen for the Weekend Yoga – A & B Sept 11 - Dec 4 (No class Oct 23) 12 classes Julie
		Virtual – Safe & Sound: Medication Education with Pharmacy – B Oct 27 - Dec 1 6 classes Heather & Pharmacy	In-Person – Becoming You: The Art of Reinvention – B @ the Ajax Library Oct 28 - Dec 2 (No class Nov 11) 5 classes Sue & Stacie	In-Person – Stitch and B*tch – B (Multifaith Room) Oct 29 - Dec 3 6 classes Leah, Denise & Nicole	
				In-Person – WRAP – A & B Sept 10 - Nov 5 (No class Oct 22) 8 Classes *1:00 pm – 2:30 pm* Keith & Tanya	
	Virtual – Thriving Together: Community Wellness Peer Support Group – B Oct 26 - Nov 30 6 classes Nicole & Leah	In-Person – The Dynamics of Discharge – B Oct 27 - Dec 1 6 classes Nicole & Leah	In-Person – Thriving Together: Community Wellness Peer Support Group – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Nicole & Leah	In-Person – Hiking Group – B Oct 29 - Dec 3 6 classes Sue & Robin	

In-Person	Virtual	Community	Transitional Discharge	Workshop
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Session A: Sept 8 – Oct 16 Session B: Oct 26 – Dec 4

3:00 pm – 4:15 pm		Virtual – Progressive Fitness – A & B Sept 8 - Dec 1 (No class Oct 20) 12 classes Julie		Virtual – Discovering Watercolours – B Oct 29 - Dec 3 6 classes Julie & Ashely	Virtual – Beyond the Brush Acrylic Painting – B Oct 30 - Dec 4 6 classes Julie
	In-Person – Self-Care 101 – B Oct 26 - Nov 30 6 classes Chandra & Heather		In-Person – Off the Wall Miniatures Painting with Deb – A & B Sep 9 - Dec 2 (No class Oct 21 & Nov 11) 11 classes Deb, Nicole & Leah	In-Person – Singing 101 (Community Choir) – B (Multifaith Room) Oct 29 - Dec 3 6 classes Kaitlyn, Clark & Leah	
5:15 pm – 6:30 pm		Virtual – Chew on This! – B Oct 27 - Dec 1 6 classes Julie & Jessica	Virtual – A Zest for Zentangle – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Julie		
			Virtual – Caregiving for Older Adults: Sustaining Strength and Well-Being – B Nov 4 1 class Steph & Ron		
5:30 pm – 7:00 pm	Virtual – Better Together: Suicide Loss Peer Support Program – B Oct 26 - Nov 30 6 classes Sue & Stacie				