

# Recovery College Spring 2025 Semester **Session A**

May 5, 2025 – August 1, 2025

No class – Monday, May 19 (Victoria Day) & Tuesday, July 1 (Canada Day)

Session A: May 5 – Jun 13

Session B: Jun 23 – Aug 1

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am- 10:15 am	<b>Virtual – Learning About Mindfulness - A &amp; B</b> May 5 – July 21 (No Class May 19) 10 classes Sue & Heather	<b>Virtual – Many Faces of Ego – A</b> May 6 – June 10 6 classes Sue & Heather	<b>Virtual – Glimmers, Spoon, Fork, Knife Theory – A</b> May 7 – June 11 6 classes Heather & Sue	<b>Virtual – Understanding Core Beliefs - A</b> May 8 – June 12 6 classes Sue & Heather	<b>Virtual – Managing Anger – A</b> May 9 – June 13 6 classes Sue & Heather
					<b>Virtual – Overcoming Challenges – A</b> May 9 – June 13 6 classes Keith & Chandra
10:30 am- 11:45 am	<b>In-Person – Self-Esteem – A</b> May 5 – June 16 (No class May 19) 6 classes Keith & Chandra	<b>In-Person - Funky Junk to Garden Gold - A</b> May 6 – June 10 6 classes Noelle & Joseph	<b>In-Person – Maintaining Momentum – A</b> May 7 – June 11 6 classes Keith & Chandra	<b>In-Person – Pursuing Dreams and Aspirations – A</b> May 8 – June 12 6 classes Keith & Chandra	<b>In-Person – Building Better Boundaries – A</b> May 9 – June 13 6 classes Keith & Stacie
	<b>Virtual – Write On! – A</b> May 5 – June 9 (No class May 19) 5 classes Julie	<b>In-Person – Coping with Anxiety and Panic – A</b> May 6 – June 10 6 classes Keith & Chandra	<b>Virtual – Empowering Caregivers: Navigating Compassion, Advocacy &amp; Well-being – A</b> May 7 – June 11 6 classes Nicole & Tracey	<b>Virtual – My Stories, My Voice – A</b> May 8 – June 12 6 classes Lori & Sue	<b>Virtual – Beyond the Brush Acrylic Painting – A</b> May 9 – June 13 6 classes Julie
		<b>In-Person – Introduction to Mindfulness Practice – A @ the Ajax Public Library</b> 6 classes May 13 – Jun 17 Nicole & Robin		<b>Virtual – Progressive Low Impact Exercise – A &amp; B</b> May 8 – July 31 (No class Jun 19) 12 classes Julie	<b>In-Person – Hand Building Pottery with Maureen- A</b> May 9 – Jun 13 6 classes Maureen & Chandra <b>*10:30am-12:00pm*</b>

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1:00 pm- 2:15pm	<b>In-Person – Learning About Mindfulness - A &amp; B</b> May 5 – July 21 (No Class May 19) 10 classes Sue & Heather	<b>In-Person – Many Faces of Ego – A</b> May 6 – June 10 6 classes Sue & Heather	<b>In-Person – Glimmers, Spoon, Fork, Knife Theory – A</b> May 7 – June 11 6 classes Heather & Sue	<b>In-Person – Understanding Core Beliefs - A</b> May 8 – June 12 6 classes Sue & Heather	<b>In-Person – Managing Anger – A</b> May 9 – June 13 6 classes Sue & Heather
	<b>Virtual – The Mirror &amp; The Plate: Exploring Our Relationship with Body &amp; Food - A</b> May 5 – June 16 (No class May 19) 6 classes Stacie & Keith	<b>Virtual – ADHD and Me – A DMHS collaboration</b> May 6 – June 24 8 classes Keith	<b>In-Person – Recognizing Basic Goodness and Happiness Within – A</b> May 7 – June 25 8 classes Keith & Galen	<b>In-Person – WRAP – A</b> May 8 – June 19 7 classes Keith, Tanya & Peter <b>*1:00 pm - 3:00 pm*</b>	<b>Virtual – Find Your Zen for the Weekend Yoga – A &amp; B</b> May 9 – August 1 (No Class June 20) 12 classes Julie
	<b>In-Person – The Art of Craft - A</b> May 5 - June 9 (No class May 19) 5 classes Julie	<b>In-Person – Art Journaling - A</b> May 6 - June 10 6 classes Julie & Stacie			
		<b>In-Person – Dynamics of Discharge – A</b> May 6 – June 10 6 classes Chandra & Nicole	<b>Virtual – Communication and Conflict – A</b> May 7 – June 11 6 classes Chandra & Stacie	<b>Virtual – Self-Esteem – A</b> May 8 – June 12 6 classes Chandra & Stacie	
				<b>In-Person - Own Your Awesome: Building Self-Esteem – A @ the Clarington Public Library</b> May 8 – Jun 12 6 classes Nicole & Brook	

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Ontario Shores  
Centre for Mental Health Sciences

3:00 pm- 4:15 pm		<b>In-Person - Grounding in the For-Rest – A</b> (Community Based) May 6 - June 10 6 classes Sue & Robin	<b>In-Person – Off the Wall Miniature Painting with Deb – A &amp; B</b> May 7 – July 30 (No class Jun 18) 12 classes Nicole & Deb	<b>Virtual – Discovering Watercolours - A</b> May 8 - June 12 6 classes Ashley & Julie	
		<b>Virtual – Making Art That Moves You - A</b> May 6 – June 10 6 classes Amber & Julie	<b>In-Person – PeaceLove Expressive Arts – A</b> May 7 – June 11 6 classes Julie & Tanya	<b>In-Person – Music for Self-Care - A</b> May 8 – June 12 6 classes Kaitlyn & Clark	
5:15 pm – 6:30 pm			<b>Virtual – A Zest for Zentangle- A</b> May 7 - June 11 6 classes Julie		