

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

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
9:00am-10:15am	<b>Virtual – Learning About Mindfulness – A &amp; B</b> May 5 – July 21 (No Class May 19) 10 classes Sue & Heather	<b>Virtual – Exploring Non-Attachment – B</b> June 17– July 29 (No class July 1) 6 classes Sue & Heather	<b>Virtual – Building Self-Worth – B</b> June 25 – July 30 6 classes Sue & Heather	<b>Virtual – Understanding Co-Dependency – B</b> June 26 – July 31 6 classes Sue & Heather	<b>Virtual – Exploring S.A.D (Seasonal Affective Disorder) – B</b> June 27– Aug 1 6 classes Sue & Heather
					<b>Virtual – Building Better Boundaries – B</b> June 27 – Aug 1 6 classes Keith & Chandra
10:30am-11:45am	<b>In-Person – Advocacy – B</b> June 23 – July 28 6 classes Keith & Chandra	<b>In-Person – Coping with Depression – B</b> June 17 – July 29 (No class July 1) 6 Classes Keith & Chandra	<b>In-Person – Communication and Conflict – B</b> June 25 – July 30 6 classes Keith & Chandra	<b>In-Person – Overcoming Challenges – B</b> June 26 – July 31 6 classes Keith & Chandra	<b>In-Person – Kintsugi: The Art of Repair – B</b> June 27 – July 4 2 classes Keith & Stacie
					<b>In-Person - Visual Voices: Inspiration Through Art and Chat – B</b> July 11 – Aug 1 4 classes Keith & Stacie
	<b>Virtual – Media Mosaic Discussion Group – B</b> June 23 – July 28 6 classes Julie			<b>Virtual – My Stories, My Voice – B</b> June 26 – July 31 6 classes Lori & Sue	<b>Virtual – Beyond the Brush Acrylic Painting – B</b> June 27 – Aug 1 6 classes Julie
				<b>Virtual – Progressive Low Impact Exercise – A &amp; B</b> May 8 – July 31 (No class Jun 19) 12 classes Julie	

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	Monday	Tuesday	Wednesday	Thursday	Friday
1:00-2:15pm	<b>In-Person – Learning About Mindfulness – A &amp; B</b> May 5 – July 21 (No Class May 19 No class Jun 16) 10 classes Sue & Heather	<b>In-Person – Exploring Non-Attachment – B</b> June 17 – July 29 (No class July 1) 6 classes Sue & Heather	<b>In-Person – Building Self-Worth – B</b> June 25 – July 30 6 classes Sue & Heather	<b>In-Person – Understanding Co-Dependency – B</b> June 26 – July 31 6 classes Heather & Bri	<b>In-Person – Exploring S.A.D (Seasonal Affective Disorder) – B</b> June 27 – Aug 1 6 classes Sue & Heather
	<b>Virtual – Coping with Anxiety and Panic – B</b> June 23 – July 28 6 classes Keith & Chandra	<b>Virtual – Self-Esteem Boost for Women: Pathways to Wellness and Self-Care – B</b> June 24 – July 29 (No class July 1) 5 classes Colleen, Chandra & Stacie	<b>Virtual – Pursuing Dream and Aspirations – B</b> June 25 – July 30 6 classes Keith & Chandra	<b>Virtual – Maintaining Momentum – B</b> June 26 – July 31 6 classes Keith & Chandra	<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 – B</b> June 23 – July 28 6 classes Julie	<b>In-Person – Art Journaling – B</b> June 24 – July 29 (No class on July 1 or July 15) 4 classes Julie	<b>In-Person – PeaceLove Expressive Arts – B</b> June 25 – July 30 6 classes Julie & Tanya	<b>In-Person – Music for Self-Care – B</b> June 26 – July 31 6 classes Kaitlyn and Clark	

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Ontario Shores  
Centre for Mental Health Sciences

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 pm- 4:15 pm		<b>In-Person – Message Music – The Healing Principles of Reggae – B</b> July 15 – July 29 3 classes Clark & Keith	<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 – B</b> June 26 – July 31 6 classes Ashley & Julie	
		<b>In-Person - Grounding In The For-Rest – B</b> (Community Based) June 24 – July 29 (No class July 1) 5 classes Sue & Robin			
5:15 pm – 6:30 pm			<b>Virtual – A Zest for Zentangle – B</b> June 25 – July 30 6 classes Julie		