## Recovery College Spring 2025 Semester Session B

May 5, 2025 – August 1, 2025

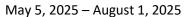
No class – Monday, May 19 (Victoria Day) & Tuesday, July 1 (Canada Day)

Session A: May 5 – Jun 13 Session B: Jun 23 – Aug 1



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

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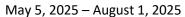
No class – Monday, May 19 (Victoria Day) & Tuesday, July 1 (Canada Day)

Session A: May 5 – Jun 13 Session B: Jun 23 – Aug 1



	Monday	Tuesday	Wednesday	Thursday	Friday
1:00- 2:15pm	In-Person – Learning About Mindfulness – A & B May 5 – July 21 (No Class May 19 No class Jun 16) 10 classes Sue & Heather	In-Person – Exploring Non- Attachment – B June 17 – July 29 (No class July 1) 6 classes Sue & Heather	In-Person – Building Self-Worth – B June 25 – July 30 6 classes Sue & Heather	In-Person – Understanding Co-Dependency – B June 26 – July 31 6 classes Heather & Bri	In-Person – Exploring S.A.D (Seasonal Affective Disorder) – B June 27 – Aug 1 6 classes Sue & Heather
	Virtual – Coping with Anxiety and Panic – B June 23 – July 28 6 classes Keith & Chandra	Virtual – Self- Esteem Boost for Women: Pathways to Wellness and Self-Care – B June 24 – July 29 (No class July 1) 5 classes Colleen, Chandra & Stacie	Virtual – Pursuing Dream and Aspirations – B June 25 – July 30 6 classes Keith & Chandra	Virtual – Maintaining Momentum – B June 26 – July 31 6 classes Keith & Chandra	Virtual – Find Your Zen for the Weekend Yoga – A & B May 9 – August 1 (No class June 20) 12 classes Julie
	In-Person – The Art of Craft – B June 23 – July 28 6 classes Julie	In-Person – Art Journaling – B June 24 – July 29 (No class on July 1 or July 15) 4 classes Julie	In-Person – PeaceLove Expressive Arts – B June 25 – July 30 6 classes Julie & Tanya	In-Person – Music for Self-Care – B June 26 – July 31 6 classes Kaitlyn and Clark	

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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
3:00 pm- 4:15 pm		In-Person – Message Music – The Healing Principles of Reggae – B July 15 – July 29 3 classes Clark & Keith	In-Person – Off the Wall Miniature Painting with Deb – A & B May 7 – July 30 (No class Jun 18) 12 classes Nicole & Deb	Virtual – Discovering Watercolours – B June 26 – July 31 6 classes Ashley & Julie	
		In-Person - Grounding In The For-Rest - B (Community Based) June 24 - July 29 (No class July 1) 5 classes Sue & Robin			
5:15 pm – 6:30 pm			Virtual – A Zest for Zentangle – B June 25 – July 30 6 classes Julie		