

# Recovery College Winter 2022 Semester: Virtual Schedule

January 4, 2022 – April 1, 2022 (No class – Monday, February 21, 2022 (Family Day))

Session A: January 4 - February 11

Session B: February 14 - April 1

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	<b>Learning about Mindfulness</b> January 10 – March 28 (12 Weeks)  Sue & Heather	<b>Building Resiliency</b> January 4 – March 29 (12 Weeks)  Holly & Heather  <b>**No class February 15</b>	<b>Purposeful Living</b> January 5 – March 30 (12 Weeks)  Sue & Heather  <b>**No class February 16</b>	<b>Understanding Burnout</b> January 6 – February 10 (6 Weeks) Sue & Heather	<b>Understanding Anger</b> January 7 – February 11 (6 Weeks) Sue & Heather
				<b>Core Beliefs</b> February 24 – March 31 (6 Weeks) Sue & Heather	<b>RSEP</b> February 25 – April 1 (6 Weeks) Sue & Heather
10:30am-11:45am	<b>Horticulture</b> January 10 to February 7 (5 classes) Emily & Noelle	<b>Committing to a Healthier Lifestyle</b> January 4 – February 22 (8 classes) Julie & Joanna	<b>Self-Compassion</b> January 12-February 16 (6 classes) Emily	<b>My Story My Voice</b> January 13 - March 3 (8 Classes) Sue, Tanya, Lori	<b>Women's Group</b> January 7 – February 11 (6 classes) Leah & Holly
		<b>Memento Mori – Grief Journeys</b> March 1 – March 29 (5 weeks) James & Laurene		<b>Finding Happiness &amp; Joy Through Flow</b> March 3 – March 25 (4 classes) Julie & Nicole	<b>Women's Group</b> February 25 – April 1 (6 classes) Leah & Holly
1:00-2:15pm	<b>CMHA Collaboration Coping with Depression</b> January 10 – February 28 (8 weeks) Marie, James & Keith	<b>DMHS Collaboration Conquering Loneliness</b> January 4 – February 8 (6 weeks) James & Keith & Tanya	<b>Building Better Boundaries</b> January 5 – February 9 (6 classes) James & Keith	<b>Overcoming Challenges</b> January 6 – February 10 (6 classes) James & Keith	<b>Open Peer Discussion</b> January 7 – February 11 (6 classes) Keith & James
		<b>DMHS Collaboration Understanding Fear</b> February 22 – March 15 (4 weeks) James & Keith & Tanya	<b>Conflict Resolution</b> February 23 – March 23 (5 classes) James & Keith	<b>Self-Esteem</b> February 24 – March 17 (4 classes) James & Keith	<b>Anxiety and Panic</b> February 25 – April 1 (6 classes) Keith & James
3:00pm-4:15 pm	<b>Yoga A</b> January 10 – February 7 (5 classes) Julie		<b>Wellness Wednesday A</b> January 5 - February 9 (6 classes) Julie & Emily	<b>Paint Afternoon</b> January 13, 27 & February 10 (3 sessions) Emily	
		<b>PeaceLove Expressive Arts</b> February 15 - March 22 (6 classes) Julie		<b>Paint Afternoons</b> February 24 & March 10, 24 (3 classes) Emily	