

Recovery College Fall 2024 Semester **Session A**

September 3, 2024 – November 29, 2024

No class – Monday, October 14 (Thanksgiving) & Monday, November 11, 2024 (Remembrance Day)

Session A: Sep 3 – Oct 11 Session B: Oct 21 – Nov 29

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness – A & B Sue & Heather Sep 9 – Nov 25 10 Weeks (No Class Oct 14, Nov 11)	Virtual – Virtual - Glimmers, Spoon, Fork Theory - A Sep. 3 – Oct 8 6 Weeks Sue & Heather	Virtual – Exploring Core Beliefs - A Sep 4 – Oct 9 6 Weeks Sue & Heather	Virtual – Exploring Radical Acceptance - A Sep 5 – Oct 10 6 Weeks Sue & Heather	Virtual - Speaks to Readiness - A Sep 6 – Oct 11 6 Weeks Sue & Heather
10:30am-11:45am	Virtual - 4 Pillars of a Good Life - A Sep 9 – Oct 7 5 Weeks Sue & Nic	In-Person - Coping with Depression - A Sep. 3 – Oct 8 6 weeks Keith & Chandra	In-Person - Recognizing Basic Goodness and Happiness Within - A Sep. 4 – Nov 6 9 classes (No class Oct. 2) Keith & Galen	Virtual - My Stories, My Voice - A Sep 5 – Oct 10 6 Weeks Sue & Lori	Virtual - Living a Healthy Lifestyle - A & B Sep 20 - Nov 8 8 weeks Julie and Joanna
	Virtual - Creative Writing – A Sep 9 – Oct 7 5 weeks Julie & Krishna		In-Person Pop-Up Art Hive - LivingRoom Art Studio Collaboration – A Sep 4 – Sep 25 10:30 am – 12:00 pm 4 weeks Mary K	Virtual - Progressive Fitness – A & B Sep 5 – Nov 28 11 Weeks Julie (No class on Oct 17)	In-Person Communication & Conflict - A Sep 6 – Oct 11 6 weeks Keith & Chandra
	In-Person - Overcoming Challenges - A Sep 9 – Oct 7 5 Weeks Keith & Chandra			In-Person - Self-Esteem - A Sep 5 – Oct 10 6 Weeks Keith & Chandra	
1:00-2:15pm	In Person – Learning About Mindfulness – A & B Sep 9 – Nov 25 10 Weeks (No Class Oct 14, Nov 11) Sue & Heather	In Person - Glimmers, Spoon, Fork Theory - A Sep. 3 – Oct 8 6 Weeks Sue & Heather	In Person - Exploring Core Beliefs - A Sep 4 – Oct 9 6 Weeks Sue & Heather	In Person – Exploring Radical Acceptance - A Sep 5 – Oct 10 6 Weeks Sue & Heather	In Person - Speaks to Readiness - A Sep 6 – Oct 11 6 Weeks Emiliana & Heather
	In-Person - The Art of Craft - A Sep 9 – Oct 7 5 weeks Julie	Virtual - Women’s Group – A Sep 3 – Oct 8 6 weeks Julie	In-Person - Art Journaling - A Sep 4 – Oct 9 6 weeks Julie & Robin	In-Person - Music for Self-Care - A Sep 5 – Oct 10 6 weeks Kaitlyn & Julie	Virtual – Friday Yoga Flow – A & B Sep 6 – Nov 29 11 weeks Julie
	Virtual – Overcoming Challenges - A Sep 9 – Oct 7 5 weeks Keith & Chandra	Hybrid - DMHS & OS Maintaining Momentum - A Sep 3 – Oct 8 6 weeks Cormack Station Keith	Virtual - Coping with Anxiety and Panic – A Sep 4 – Oct 9 6 weeks Keith & Chandra	Virtual - Self-Esteem - A Sep 5 – Oct 10 6 weeks Keith & Chandra	Virtual - Advocacy - A Sep 6 – Oct 11 6 weeks Keith & Chandra
		Virtual - Self-Esteem Boost: Pathways to Wellness and Self-Care - A Sep 3 – Oct 8 6 weeks Chandra & Colleen			
3:00 pm-4:15 pm		In-Person Yoga Flow - A & B Sept 3 – Nov 26 No class Oct 15 12 Weeks Julie & Sue	In-Person - Mindfulness Steps - A (Meet at Different Trails in Whitby) Sep 4 – Oct 9 6 Weeks Sue	Virtual - Discovering Water Colours - A Sep 5 – Oct 10 6 weeks Julie & Ashley	
			In-Person – Off the Wall Miniatures with Deb – A & B Sep 11 – Nov 27 12 weeks	In-Person - Conquering Loneliness – A @ the Clarington Library Sep 12- Oct 17	

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			Nicole & Deb	6 weeks Chandra, Sue & Nicole	
5:15 pm – 6:30 pm			Virtual - ZIA – Zentangle® Inspired Art – A Sep 4 – Oct 9 6 weeks Julie		