

Recovery College Fall 2025 Semester Session A

September 2 - November 29, 2025

No class – Monday, October 13th (Thanksgiving) & Tuesday, November 11th (Remembrance Day)

Session A: September 2 – October 10

Session B: October 20 – November 29



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am-10:15 am	Virtual – Learning About Mindfulness – A & B September 8 – November 17 (No Class October 13) 10 classes Sue & Heather	Virtual – Glimmers, Spoon, Fork, Knife Theory – A September 2 – October 7 6 classes Sue & Heather	Virtual – Many Faces of Ego – A September 3 – October 8 6 classes Sue & Heather	Virtual – Understanding Core Beliefs – A September 4 – October 9 6 classes Sue & Heather	Virtual – Exploring Non-Attachment – A September 5 – October 10 6 classes Sue & Heather
10:30 am-11:45 am	In-Person – Communication and Conflict – A September 8 – October 6 5 classes Keith & Chandra	In-Person – Advocacy – A September 2 – October 7 6 classes Keith & Chandra	In-Person – Maintaining Momentum – A September 3 – October 8 6 classes Stacie & Keith	In-Person – Coping with Anxiety and Panic – A September 4 – October 9 6 classes Keith & Chandra	In-Person – Building Better Boundaries – A September 5 – October 10 6 classes Keith & Chandra
	Virtual – Aging Well: A 5-Week Journey Toward Lifelong Vitality – A September 8 – October 6 5 classes Leah, Nicole & Lúcio	In-Person – Pathways to Work – Exploring Your Next Steps Toward Employment – A October 7 1 Class Katie & Falguni 10:30am – 12:30pm	In-Person – Attitude of Gratitude – A September 3 – October 8 6 classes Chandra & Robin	In-Person – My Stories, My Voice – A September 4 – October 9 6 classes Lori, Sue & Tanya	Virtual – Building a Healthier Lifestyle – A & B September 5 – October 31 (No class October 17) 8 classes Julie & Joanna
		Virtual – Sound Meditation – A September 2 – October 7 6 classes Leah, Danny & Nicole		Virtual – Progressive Low Impact Exercise – A & B September 4 – November 27 (No class October 16) 12 classes Julie	
				In-Person – CHIME (TDP) – A September 4 – October 9 6 classes Nicole & Leah	
1:00 pm-2:15 pm	In-Person – Learning About Mindfulness – A & B September 8 – November 17 (No Class October 13) 10 classes Sue & Heather	In-Person – Glimmers, Spoon, Fork, Knife Theory – A September 2 – October 7 6 classes Chandra & Heather	In-Person – WRAP – A September 3 – October 15 7 classes Keith & Peter *1:00pm - 3:00pm*	In-Person – Understanding Core Beliefs – A September 4 – October 9 6 classes Sue & Heather	In-Person – Exploring Non-Attachment – A September 5 – October 10 6 classes Sue & Heather
	Virtual – Surviving a Personal Crisis – A September 8 – October 6 5 classes Keith & Claire	Virtual – ADHD and Me – A & B DMHS collaboration September 2 – October 28 (No class October 14) 8 classes Keith	In-Person – Building Your Wellness Toolkit – A @ Ajax Public Library September 10 – October 8 5 classes Sue & Heather	Virtual – Coping with Anxiety and Panic – A September 4 – October 9 6 classes Keith & Chandra	Virtual – Building Better Boundaries – A September 5 – October 10 6 classes Keith & Chandra
	In-Person – The Art of Craft – A September 8 – October 6 (No Class September 15) 4 classes Julie	In-Person – Grounding in the For-Rest –A Community Based September 2 – October 7 6 classes Sue & Robin	In-Person – Art Journaling – A September 3 – October 8 6 classes Julie & Tanya	Virtual – The Menopause Transition: Insights & Empowerment – A September 4 – October 9 6 classes Stacie & Julie	Virtual – Find Your Zen for the Weekend Yoga – A & B September 5 – November 28 (No class October 17) 12 classes Julie

Recovery College Fall 2025 Semester **Session A**

September 2 - November 29, 2025

No class – Monday, October 13th (Thanksgiving) & Tuesday, November 11th (Remembrance Day)



Session A: September 2 – October 10 Session B: October 20 – November 29

	Virtual – Thriving Together: Community Wellness Peer Support Group – A September 8 – October 6 5 classes Nicole & Leah	In-Person – Dynamics of Discharge – A September 2 – October 7 6 Classes Nicole & Leah			
3:00 pm- 4:15 pm	In-Person – Birdwatching for Beginners – A September 8 – October 6 5 classes Stacie & Justine *3:00pm – 4:00pm*	In-Person – Start Strong: Women’s Supportive Beginner Fitness – A September 2 – October 7 (No Class September 16) 5 classes Julie & Tanya	In-Person – Off the Wall Miniature Painting with Deb – A & B September 3 – November 26 (No class October 15) 12 classes Nicole & Deb	In-Person – Singing 101 – A (Multifaith Room) September 4 – October 9 6 classes Kaitlyn & Clark	Virtual – Beyond the Brush Acrylic Painting – A September 5 – October 10 (No Class September 19) 5 classes Julie
				Virtual – Discovering Watercolours – A September 4 – October 9 6 classes Julie & Ashley	
				In-Person – Safe and Sound: Medication Education with Pharmacy – A September 4 – October 9 6 classes Pharmacy & Stacie *3:00pm – 4:00pm*	
			Virtual – A Zest for Zentangle – A September 3 – October 8 (No Class September 17) 5 classes Julie		
5:15 pm – 6:30 pm					