

Recovery College Spring 2026 Semester: May 4 – July 31, 2026

Session A

No class – Monday, May 18th (Victoria Day) & Wednesday, July 1st (Canada Day)

Session A: May 4 – June 12 Session B: June 22 – July 31

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|--|--|--|
| 9:00 am - 10:15 am | Virtual – Mindfulness Meditation – A May 4 – June 8 (No class May 18) 5 Classes Sue & Heather | Virtual – Understanding Core Beliefs – A May 5 – June 9 6 Classes Sue & Heather | Virtual – Evolution to Readiness – A May 6 – June 10 6 Classes Heather & Maddy | Virtual – Many Faces of Ego – A May 7 – June 11 6 Classes Heather & Tanya | Virtual - Managing Anger – A May 8 – June 12 6 Classes Sue & Heather |
| | | | In-Person – Wellness Walk – A May 6 – June 10 6 classes Nicole & Leah | | Virtual - Compassionate Recovery – A May 8 – June 12 6 Classes Keith & Claire |
| 10:30 am - 11:45 am | In-Person – Normalizing Symptoms – A May 4 – June 8 (No class May 18) 5 Classes Keith & Chandra | In-Person – Coping with Anxiety and Panic – A May 5 – June 9 6 Classes Keith & Chandra | In-Person – Attitude of Gratitude – A May 6 – June 10 6 Classes Chandra & Robin | In-Person - Funky Junk to Garden Gold – A & B May 7 – July 30 (No class June 18) 12 Classes Joe, Terrell & Chandra | In-Person – Self Care 101 - A May 8 – June 12 6 Classes Keith & Chandra |
| | In-Person – Morning Art Journaling - A May 4 – June 8 (No class May 18) 5 Classes Juile & Stacie | In-Person – Your Personal Recovery Journey – A May 5 – June 9 6 classes Nicole, Leah & Tina | Virtual –Maximizing Your Money – A May 6 – June 10 6 Classes Keith & Stacie | Virtual – Your Personal Recovery Journey – A May 7 – June 11 6 classes Nicole, Leah & Greg | In-Person – CPR-C – A June 12 9:00am – 3:00pm 1 class Jenine & Leah |
| | | In-Person – Pickleball – A May 5 – June 9 6 Classes Julie & Sue | In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – A May 27 1 class Katie & Falguni 10:30am – 12:30pm | In-Person – My Stories, My Voice – A May 7 – June 11 6 Classes Sue & Lori | |
| 1:00 pm - 2:15 pm | In-Person – Learning About Mindfulness A & B May 4 – July 20 (No class May 18 & June 15) 10 Classes Sue & Chandra | In-Person – Course Facilitation Skills Training – A May 5 – June 9 6 Classes Heather & Chandra | In-Person – Recognizing Basic Goodness and Happiness Within – A May 6 – June 10 6 Classes Keith & Galen | In-Person – Stitch and B*tch – A (Multifaith Room) May 7 – June 11 6 classes Leah, Denise & Nicole | In-Person – Managing Anger – A May 8 – June 12 6 Classes Sue & Chandra |
| | Virtual – Thriving Together: Community Wellness Peer Support Group – A May 4 – June 8 (No class May 18) 5 classes Nicole & Leah | In-Person – The Dynamics of Discharge – A May 5 – June 9 6 Classes Nicole & Leah | In-Person – Thriving Together: Community Wellness Peer Support Group – A May 6 – June 10 6 classes Nicole & Leah | In-Person – Hiking Group – A May 7 – June 11 6 Classes Sue & Robin | Virtual – Find Your Zen for the Weekend Yoga – A & B May 8 – July 31 (No class June 19) 12 classes Julie |
| | Virtual – Self Care 101 – A May 4 – June 8 (No class May 18) 5 Classes Keith & Heather | Virtual – Identifying Unhealthy Relationships – A May 5 – June 9 6 Classes Keith & DMHS | Virtual – Safe and Sound: Medication Education with Pharmacy – A May 6 – June 10 6 Classes Heather & Pharmacy | Virtual – Self Discovery Series – A May 7 – June 11 6 Classes Heather & Bri | Virtual – CHIME – A May 8 – June 12 6 Classes Heather & Michael |
| | In-Person – Afternoon Art Journaling - A May 4 – June 8 (No class May 18) 5 Classes Juile & Stacie | | In-Person – Exploring Non-Attachment – A @ Ajax Public Library May 6 – June 10 6 Classes Sue & Stacie | In-Person – WRAP – A & B May 21 – July 16 (No class June 18) 8 Classes *1:00 pm – 2:30 pm* Keith & Tanya | |
| | | | In-Person – The Art of Craft - A May 6 – June 10 6 Classes Juile & Chandra | | |
| 3:00 pm - 4:15 pm | Virtual – Who Am I? – A May 4 – June 8 (No class May 18) 5 Classes Heather & Chandra | In-Person - Learning Together: Exploring Indigenous Cultures – A&B May 5 – July 28 (No Class June 16) 12 Classes Leah & Levi | In-Person – Off the Wall Miniature Painting with Deb – A&B May 6 – July 29 (No class June 17 & July 1) 11 classes Nicole & Deb | In-Person – Singing 101 – A (Multifaith Room) May 7 – June 11 6 classes Kaitlyn, Clark & Leah | Virtual – Beyond the Brush Acrylic Painting – A May 8 – June 12 6 Classes Julie |
| | | Virtual – Progressive Low Impact Exercise – A & B May 5 – July 28 (No Class June 16) 12 Classes Julie | | Virtual – Discovering Watercolours -A May 7- June 11 6 classes Julie & Ashley | |
| 5:15 pm - 6:30 pm | | | Virtual – A Zest for Zentangle – A May 6 – June 10 6 classes Julie | Virtual – Caregiving the Caregivers of Adolescents – A May 7 – June 11 5:30pm – 7:00pm 6 Classes | |

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| In-Person | Virtual | Community | Transitional Discharge | Workshop |
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| | | | | Sue & Stacie | |
| | | | Virtual - Caring for Older Adults: Managing the Emotions of Caring - A May 20 1 Class Loretta, Ron & Stephanie | | |