## Recovery College Fall 2024 Semester Session B

September 3, 2024 – November 29, 2024

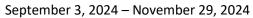


	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am- 10:15am	Virtual – Learning About Mindfulness – A & B Sep 9 – Nov 25 10 Weeks Sue & Heather (No Class Oct 14, Nov 11)	Virtual – The Art of Social Interactions Oct 15 – Nov 19 6 weeks Sue & Heather	Virtual - Managing Anger - B Oct 16 – Nov 20 6 Weeks Sue & Heather	Virtual - Exploring Non-Attachment - B Oct 17 – Nov 21 6 weeks Sue & Heather	Virtual - Building Resiliency - B Oct 18 – Nov 22 6 weeks Sue & Heather
10:30am- 11:45am	In-Person - 4 Pillars of A Good Life - B Oct 21 – Nov 25 5 Weeks Sue & Nic (No Group Nov 11)	In-Person - Building Better Boundaries - B Oct 22 – Nov 26 6 Weeks Keith & Chandra	In-Person - Course Facilitation Skills Training - B Oct 23 – Nov 27 6 Weeks Keith & Chandra	Virtual - My Stories, My Voice - B Oct 17 – Nov 21 6 weeks Sue & Lori	Virtual - Living a Healthy Lifestyle — A & B Sep 20 to Nov 8 8 weeks Julie and Joanna
	Virtual - Creative Writing - B Oct 21 – Nov 5 Julie & Krishna 5 weeks		In-Person Pop-Up Art Hive - LivingRoom Art Studio Collaboration  - B Oct 23 - Nov 13 10:30 am - 12:00 pm 4 weeks Mary K	Virtual - Progressive Fitness – A & B Sep 5 – Nov 28 Julie 11 Weeks	
	In-Person - Self-Care 101 - B Oct 21 – Nov 25 6 Weeks Keith & Chandra			In-Person - Conquering Loneliness - B Oct 24 – Nov 28 6 Weeks Keith & Chandra	In-Person - Open Pee Discussion Painting & Coloring B Oct 25 – Nov 29 6 Weeks Keith & Chandra
1:00- 2:15pm	In-Person – Learning About Mindfulness – A & B Sep 9 – Nov 25 10 Weeks Sue & Heather (No Class Oct 14, Nov 11)	In-Person – The Art of Social Interactions Oct 15 – Nov 19 6 Weeks Sue & Heather	In-Person - Managing Anger - B Oct 16 – Nov 20 6 Weeks Sue & Heather	In-Person - Exploring Non-Attachment - B Oct 17 – Nov 21 6 Weeks Sue & Heather	In-Person - Building Resiliency - B Oct 18 – Nov 22 6 weeks Sue & Heather
	In-Person - The Art of Craft - B Oct 21 – Nov 25 6 weeks Julie	Virtual - Women's Group - B Oct 22 - Nov 26 6 weeks Julie	In-Person Art Journaling - B Oct 23 – Nov 27 6 weeks Julie & Robin	In-Person - Music for Self-Care - B Oct 24 – Nov 28 6 weeks Kaitlyn & Julie	Virtual – Friday Yoga Flow – A & B Sep 6 – Nov 29 11 weeks Julie
	In-Person - Budget Bites: Eating Healthy on a Budget - B (Cooking Class) Oct 21 – Nov 25 5 Weeks Nicole & Chandra (No class Nov 11)	In-Person – WRAP - B Cormack Station Oct 22 – Dec 10 8 Weeks Keith	Virtual - Identifying Unhealthy Relationships - B Oct 23 – Nov 27 6 Weeks Keith & Chandra	Virtual - Pursuing Dream and Aspirations - B Oct 24 – Nov 28 6 Weeks Keith & Chandra	Virtual - Open Peer Discussio
	Virtual - Exploring Our Relationship with Body Image and Food - B Oct. 21 – Dec. 2 6 Weeks Stacie & Keith				
3:00 pm- 4:15 pm		In-Person – Yoga Flow - A & B Sept 3 – Nov 26 (12 weeks) No class Oct 15 Julie & Sue	In-Person - Mindfulness Steps - B (Meet at Different Trails in Whitby) Oct 16 - Nov 20 6 Weeks Sue	Virtual - Discovering Water Colours - B Oct 24 – Nov 28 6 weeks Julie & Ashley	
			In-Person – Off the Wall Miniatures with Deb – A & B		

Sep 11 – Nov 27



## **Recovery College Fall 2024 Semester Session B**





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

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

	12 weeks	
	Nicole & Deb	
5:15 pm – 6:30 pm	Virtual - ZIA -	
	Zentangle® Inspired	
	Art- B	
	Oct 23 – Nov 27	
	6 weeks	
	Julie	
6:00 pm – 7:30 pm	Virtual – Empowering	
	Caregivers: Navigating	
	Compassion, Advocacy	
	& Well-being – B	
	Oct 23 – Nov 27	
	6 weeks	
	Nicole & Chandra	