

Recovery College Fall 2024 Semester **Session B**

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 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 Peer 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 Discussion – B Oct 25 – Nov 29 6 Weeks Keith & Chandra
	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		

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			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		