

Recovery College Fall 2025 Semester **Session B**

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 – Exploring S.A.D. (Seasonal Affective Disorder) – B October 21 – November 25 (No Class November 11) 5 classes Sue & Heather	Virtual – Identifying Unhealthy Relationships – B October 22 – November 26 6 classes Sue & Heather	Virtual – Understanding Co-Dependency – B October 23 – November 27 6 classes Sue & Heather	Virtual – Managing Anger – B October 24 – November 28 6 classes Sue & Heather
10:30 am-11:45 am	In-Person – Self-Esteem – B October 20 – November 24 6 classes Keith & Chandra	In-Person – Coping with Depression – B October 21 – November 25 (No class November 11) 5 Classes Keith & Chandra	In-Person – Course Facilitation Skills Training – B October 22 – November 26 6 classes Keith & Chandra	In-Person – Conquering Loneliness – B October 23 – November 27 6 classes Keith & Chandra	In-Person – Visual Voices: Inspiration Through Art and Chat – B October 24 – November 28 6 classes Keith & Chandra
	Virtual – Poetry Writing – B October 20 – November 24 6 classes Julie & Krishna	Virtual – Get Ahead With What You’ve Got: Maximizing Your Financial Resources – B October 21 – November 25 (No Class November 11) 5 classes Nicole & Leah		Virtual – My Stories, My Voice – B October 23 – November 27 6 classes Lori & Sue	Virtual – Building a Healthier Lifestyle – A & B September 5 – October 31 (No class October 17) 8 classes Julie & Joanna
		In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – B November 18 1 Class Katie & Falguni 10:30am – 12:30pm		Virtual – Progressive Low Impact Exercise – A & B September 4 – November 27 (No class October 16) 12 classes Julie	In-Person – Moving Through Transition and Change – B October 24 – November 28 6 classes Leah, Nicole & Barb
				In-Person – CHIME (TDP) – B October 23 – November 27 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 – Exploring S.A.D. (Seasonal Affective Disorder) – B October 21 – November 25 (No Class November 11) 5 classes Sue & Heather	In-Person – Art Journaling – B October 22 – November 26 6 classes Julie & Tanya	In-Person – Understanding Co-Dependency – B October 23 – November 27 6 classes Heather & Bri	In-Person – Managing Anger – B October 24 – November 28 6 classes Sue & Heather

Recovery College Fall 2025 Semester **Session B**

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 – B October 20 – November 24 6 classes Nicole & Leah	In-Person – Dynamics of Discharge – B October 21 – November 25 (No Class November 11) 5 classes Nicole & Leah	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – B October 22 – November 26 6 classes Stacie & Heather	Virtual – The Menopause Transition: Insights & Empowerment – B October 23 – November 27 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
	In-Person – The Art of Craft – B October 20 – November 24 6 classes Julie	Virtual – ADHD and Me – A & B DMHS Collaboration September 2 – October 28 8 classes Keith	Virtual – Communication and Conflict – B October 22 – November 26 6 classes Chandra & Colleen	Virtual – Maintaining Momentum – B October 23 – November 27 6 classes Keith & Chandra	Virtual – Conquering Loneliness – B October 24 – November 28 6 classes Keith & Chandra
	Virtual – Self-Esteem – B October 20 – November 24 6 classes Chandra & Stacie		In-Person – Recognizing Basic Goodness and Happiness Within – B October 22 – November 26 6 classes Keith & Galen	In-Person – Sound Bathing Workshop – B (Multifaith Room) November 6 1 class Leah, Danny & Nicole *2:00pm - 3:15pm*	
3:00 pm - 4:15 pm	In-Person – Managing Anger – B @ Bowmanville Public Library October 20 – November 24 6 classes Sue & Chandra	In-Person – Dreamcatcher Workshop – B October 21 – November 4 3 Classes Leah & Levi	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 – B (Multifaith Room) October 23 – November 27 6 classes Kaitlyn & Clark	Virtual – Beyond the Brush Acrylic Painting – B October 24 – November 28 6 classes Julie
	In-Person – Surviving a Personal Crisis – B October 20 – November 24 6 classes Keith & Claire	In-Person – Start Strong: Women’s Supportive Beginner Fitness – B October 21 – November 25 (No Class November 11) 5 classes Julie & Tanya		Virtual – Discovering Watercolours – B October 23 – November 27 6 classes Julie & Ashley	
5:15 pm – 6:30 pm			Virtual – A Zest for Zentangle – B October 22 – November 26 6 classes Julie		