

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

Session B

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 – Course Facilitation Skills Training – B June 22 – July 27 6 Classes Sue & Heather	Virtual – Exploring Non-Attachment – B June 23 – July 28 6 Classes Sue & Heather	Virtual – Write Your Way Forward – B June 24 – July 29 (No class July 1) 5 Classes Sue & Heather	Virtual – Detaching with Love – B June 25 – July 30 6 Classes Heather & Tanya	Virtual – Exploring Unhealthy Thought Patterns – B June 26 – July 31 6 Classes Sue, Heather & Ana
			In-Person – Wellness Walk – B June 24 – July 29 (No class July 1) 5 classes Nicole & Leah		Virtual – Maintaining Momentum – B June 26 – July 31 6 Classes Keith & Chandra
10:30 am-11:45 am	In-Person – Advocacy – B June 22 – July 27 6 Classes Keith & Chandra	In-Person – Building Better Boundaries – B June 23 – July 28 6 classes Keith & Chandra	In-Person – Self Esteem – B June 24 – July 29 (No class July 1) 5 Classes Keith & Chandra	In-Person-Funky Junk to Garden Gold – A & B May 7 – July 30 (No class June 18) 12 Classes Joe, Terrell & Chandra	In-Person – Maintaining Momentum – B June 26 – July 31 6 Classes Keith & Chandra
	Virtual – The Menopause Transition: Insights & Empowerment - B June 22 – July 27 6 classes Julie & Stacie	In-Person – Your Personal Recovery Journey – B June 23 – July 28 6 classes Nicole, Leah & Tina	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – B June 24 – July 29 (No class July 1) 5 Classes Stacie & Sue	Virtual – Your Personal Recovery Journey – B June 25 – July 30 6 classes Nicole, Leah & Greg	In-Person – Glow & Grow –B July 10 – July 31 4 Classes Leah & Noelle
		In-Person – Pickleball – B June 23 – July 28 6 Classes Julie & Sue	In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – B June 24 1 class Katie & Falguni 10:30am – 12:30pm	Virtual – My Stories, My Voice – B June 25 – July 30 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 – Glimmers, Spook, Fork, Knife Theory - B June 23 – July 28 6 Classes Heather & Michael	In-Person – The Art of Craft – B June 24 – July 29 (No class July 1) 5 classes Julie & Chandra	In-Person – Stitch and B*tch – B (Multifaith Room) June 25 – July 30 6 classes Leah, Denise & Nicole	In-Person – Exploring Unhealthy Thought Patterns – B June 26 – July 31 6 Classes Sue & Ana
	Virtual – Thriving Together: Community Wellness Peer Support Group – B June 22 – July 27 6 classes Nicole & Leah	In-Person – The Dynamics of Discharge – B June 23 – July 28 6 Classes Nicole & Leah	In-Person – Thriving Together: Community Wellness Peer Support Group – B June 24 – July 29 (No class July 1) 5 classes Nicole & Leah	In-Person – Hiking Group – B June 25 – July 30 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
	In-Person – Afternoon Art Journaling - B June 22 – July 27 6 Classes Julie & Marsha		Virtual – Emotional Intelligence – B June 24 – July 29 (No Class July 1) 5 Classes Heather & Keith		Virtual – Co-Dependency – B June 26 – July 31 6 Classes Heather & Maddy
				In-Person – WRAP – A & B May 21 – July 16 (No class June 18) 8 Classes *1:00 pm – 2:30 pm* Keith & Tanya	
3:00 pm -4:15 pm	In-Person – Safe and Sound: Medication Education with Pharmacy – B June 22 – July 27 6 Classes Heather & Pharmacy	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 Jun 17 & July 1) 11 classes Nicole & Deb	In-Person – Singing 101 – B (Multifaith Room) June 25 – July 30 6 classes Kaitlyn, Clark & Leah	Virtual – Beyond the Brush Acrylic Painting – B June 26 – July 31 6 Classes Julie
	Virtual – Understanding and Escaping Vices – B June 22 – July 27 6 Classes Keith & Stacie	In-Person – Co-Dependency – B @ Bowmanville Public Library June 23 – July 28 6 Classes Sue & Chandra		Virtual – Discovering Watercolours - B June 25 – July 30 6 classes Julie & Ashley	
		Virtual – Progressive Low Impact Exercise – A&B May 5 – July 28 (No Class June 16) 12 classes Julie			

In-Person

Virtual

Community

Transitional Discharge

Workshop

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

5:15 pm – 6:30 pm			Virtual – A Zest for Zentangle – B June 24 – July 29 (No class July 1) 6 classes Julie	Virtual - Caregiving for Older Adults: Sustaining Strength and Well-Being – B July 30 1 Class Loretta, Ron & Stephanie	
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