

# Recovery College Spring 2024 Semester **Session A**

May 6, 2024 – August 2, 2024

No class – Monday, May 20 (Victoria Day) & Monday, July 1, 2024 (Canada Day)

Session A: May 6 – June 14      Session B: June 24 - Aug 2



Ontario Shores  
Centre for Mental Health Sciences

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	<b>Virtual - Learning About Mindfulness - A &amp; B</b> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather		<b>Virtual - Exploring Radical Acceptance - A</b> May 8 – June 12 6 classes Sue & Heather	<b>Virtual - Exploring Core Beliefs – A</b> May 9 – June 13 6 classes Sue & Heather	<b>Virtual - Exploring Non-Attachment – A</b> May 10 – June 14 6 classes Sue & Heather
10:30am-11:45am	<b>In-Person - Building Better Boundaries - A</b> May 6 – June 17 (No class on May 20) 6 classes Keith & Chandra	<b>In-Person – Horticulture - A</b> May 7 – June 11 6 classes Noelle & Sherry	<b>In-Person – Anxiety and Panic - A</b> May 8 – June 12 6 classes Keith & Chandra	<b>Virtual – My Stories My Voice - A</b> May 9 – June 13 6 classes Sue & Lori	<b>In-Person -Creative Colouring/Painting Extravaganza - A</b> May 10 - June 14 6 classes Chandra & Colleen
		<b>In-Person - Overcoming Challenges - A</b> May 7 – June 11 6 classes Keith & Chandra	<b>In-Person Pop-Up Art Hive - LivingRoom Art Studio Collaboration – A</b> May 29 <b>10:30 am – 12:00 pm</b> 1 class Mary K	<b>In-Person - Conquering Loneliness - A</b> May 9 - June 13 6 classes Keith & Chandra	<b>In-Person – CMHA Durham Collaboration Co-Design Harm Reduction @ CMHA Durham – A</b> <b>*Note time: 10:00 am – 11:30 am*</b> May 10 – June 7 5 classes Keith
		<b>Virtual – Creative Writing – A &amp; B</b> May 7 – June 25 8 classes Julie & Krishna		<b>Virtual – Progressive Low Impact Exercise – A &amp; B</b> May 9 – July 25 12 classes Julie	
1:00-2:15pm	<b>In-Person – Learning about Mindfulness – A &amp; B</b> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather	<b>In-Person – Lyrical Analysis – A</b> May 7 – June 11 6 classes Heather & Sue	<b>In-Person - Exploring Radical Acceptance - A</b> May 8 – June 12 6 classes Heather & Emiliana	<b>In-Person – Exploring Core Beliefs – A</b> May 9 – June 13 6 classes Sue & Heather	<b>In-Person - Exploring Non- Attachment - A</b> May 10 – June 14 6 classes Sue & Heather
	<b>In-Person – Paper Crafting - A</b> May 6 – June 10 (No class on May 20) 5 classes Julie	<b>Virtual - Women’s Group - A</b> May 7 – June 11 6 classes Julie	<b>In-Person – The Dynamics of Discharge - A</b> May 8 – June 12 6 classes Nicole & Chandra	<b>In-Person – Music for Self- Care - A</b> May 9 – June 13 6 classes Kaitlyn & Julie	<b>Virtual – Friday Yoga Flow – A &amp; B</b> May 10 – July 26 12 classes Julie
	<b>Virtual – Building Better Boundaries – A</b> May 6 – June 17 (No class on May 20) 6 classes Keith & Chandra	<b>In-Person – DMHS Collaboration Pursuing Dreams and Aspirations @ Cormack Station – A</b> May 7 – June 11 6 classes Keith	<b>In-Person – Art Journaling – A</b> May 8 – June 12 6 classes Julie & Sue	<b>Virtual – Advocacy - A</b> May 9 – June 13 6 classes Keith & Chandra	<b>Virtual – Open Peer Discussion – A</b> May 10 – June 14 6 classes Keith & Chandra
3:00 pm-4:15 pm		<b>In-Person – Musical Expression – A</b> May 7 – June 11 6 classes Kaitlyn & Clark		<b>In-Person – Building Better Boundaries @ Clarington Library - A</b> May 9 - June 13 6 classes Sue, Nicole & Chandra	
		<b>In-Person - Yoga Flow – A</b> May 7 – June 11 6 classes Julie & Sue		<b>Virtual – Discovering Water Colours – A</b> May 9 – June 13 6 classes Julie & Ashley	
5:15 pm – 6:30 pm			<b>Virtual – Relaxing with Zentangle – A</b> May 8 - June 12 6 Classes Julie		

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

May 6, 2024 – August 2, 2024

No class – Monday, May 20 (Victoria Day) & Monday, July 1, 2024 (Canada Day)

Session A: May 6 – June 14      Session B: June 24 - Aug 2



Ontario Shores  
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	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	<b>Virtual - Learning About Mindfulness - A &amp; B</b> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather	<b>Virtual - CHIME - B</b> June 18 – July 23 6 classes Sue & Heather	<b>Virtual - Managing Anger - B</b> June 19 – July 24 6 classes Sue & Heather	<b>Virtual – Building Resiliency – B</b> June 20 – July 25 6 classes Sue & Heather	<b>Virtual - Evolution of Readiness - B</b> June 21 – July 26 6 classes Sue & Heather
10:30am-11:45am	<b>In-Person – Identifying Unhealthy Relationships – B</b> June 24 – July 29 (No class on July 1) 5 classes Keith & Chandra	<b>In-Person – Advocacy – B</b> June 25 – July 30 6 classes Keith & Chandra	<b>In-Person – Funky Junk to Garden Gold: The Composting Adventure – B</b> June 26 – July 31 6 classes Joe & Chandra	<b>Virtual - My Stories My Voice - B</b> June 20 – July 25 6 classes Sue & Lori	<b>In-Person – Self-Care 101 – B</b> June 28 – Aug 2 6 classes Keith & Chandra
	<b>In-Person – 4 Pillars For a Good Life – B</b> June 24 – July 29 (No class on July 1) 5 classes Sue & Nick	<b>Virtual – Creative Writing – A &amp; B</b> May 7 – June 25 8 classes Julie & Krishna	<b>In-Person Open Studio Process Workshop – LivingRoom Art Studio Collaboration - B</b> June 19 <b>10:30 am – 12:00 pm</b> 1 class Mary K	<b>In-Person – Self Esteem – B</b> June 27 – Aug 1 6 classes Keith & Chandra	
	<b>Virtual - Diving into Diversity – B</b> Jun 24 – July 29 (No class on July 1) 5 classes Shauna, Brook & Kennan			<b>Virtual – Progressive Low Impact Exercise – A &amp; B</b> May 9 – July 25 12 classes Julie	
1:00 pm - 2:15pm	<b>In-Person – Learning about Mindfulness – A &amp; B</b> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather	<b>In-Person - CHIME - B</b> June 18 – July 23 6 classes Sue & Heather	<b>In-Person – Exploring Core Beliefs - B</b> June 19 - July 24 6 classes Sue & Heather	<b>In-Person - Building Resiliency – B</b> June 20 – July 25 6 classes Sue & Heather	<b>In-Person - Evolution of Readiness - B</b> June 21 – July 26 6 classes Heather & Emiliana
			<b>In-Person – The Dynamics of Discharge - A</b> June 26 – July 31 6 classes Nicole, Brook & Kennan		
	<b>In-Person – Paper Crafting - B</b> June 17 - July 29 (No class on July 1) 5 classes Julie	<b>Virtual - Women’s Group - B</b> June 18 - July 23 6 classes Julie	<b>In-Person – Art Journaling – B</b> June 19 – July 24 6 classes Julie & Sue	<b>In-Person – Music for Self- Care - B</b> June 20 – July 25 6 classes Kaitlyn & Julie	<b>Virtual – Friday Yoga Flow A &amp; B</b> May 10 – July 26 12 classes Julie
	<b>Virtual – Men’s Group – B</b> June 24 – July 29 (No class July 1) 5 classes Keith	<b>In-Person – DMHS Collaboration – Maintaining Momentum @ Cormack Station – B</b> July 9 - July 30 4 classes Keith	<b>Virtual – Course Facilitation Skills Training – B</b> June 26 – July 31 6 classes Keith & Chandra	<b>Virtual – Anxiety and Panic – B</b> June 27 – Aug 1 6 classes Keith & Chandra	<b>Virtual – Coping with Depression – B</b> June 28 – Aug 2 6 classes Keith & Chandra
3:00 pm-4:15 pm		<b>In-Person - Yoga Flow - B</b> June 18 – July 23 6 classes Julie & Sue	<b>In-Person – Off the Wall Miniatures Painting with Deb – B</b> June 12 – July 31 8 classes Debbie & Nicole	<b>In-Person – Exploring Core Beliefs @ Clarington Public Library – B</b> June 27 - Aug 1 6 classes Sue, Nicole & Chandra	
		<b>In-Person – Musical Expression – B</b> June 18 – July 23 6 classes Kaitlyn & Clark		<b>Virtual – Discovering Water Colours – B</b> June 20 - July 25 6 classes Julie & Ashley	
5:15 pm – 6:30 pm			<b>Virtual – Relaxing with Zentangle – B</b> June 19 – July 24 6 classes Julie		
6:00 pm – 7:30 pm			<b>Virtual - Empowering Caregivers: Navigating Compassion, Advocacy &amp; Well-being – B</b> June 26 – July 31 6 classes		

			Sue & Chandra		
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