

Recovery College Winter 2025 Semester **Session A**

January 6, 2025 – April 4, 2025

No class – Monday, February 17 (Family Day)

Session A: Jan 6 – Feb 14

Session B: Feb 24 – Apr 4

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness – A & B Jan 6 – March 17 10 Weeks Heather & Sue (No class Feb 17)	Virtual – Building Resiliency – A Jan 7 – Feb 11 6 Weeks Heather & Sue	Virtual – CHIME – A Jan 8 – Feb 12 6 Weeks Heather & Sue	Virtual – Understanding Burnout – A Jan 9 – Feb 13 6 Weeks Heather & Sue	Virtual – Managing Anger – A Jan 10 – Feb 14 6 Weeks Heather & Sue
10:30am-11:45am				Virtual – My Stories, My Voice – A Jan 9 – Feb 13 6 Weeks Lori & Sue	
	In-Person – Overcoming Challenges – A Jan 6 – Feb 10 6 Weeks Keith & Chandra	In-Person – Coping with Anxiety and Panic – A Jan 7 – Feb 11 6 Weeks Keith & Chandra	In-Person – Coping with Depression – A Jan 8 – Feb 12 6 Weeks Keith & Chandra	In-Person – Communication & Conflict – A Jan 9 – Feb 13 6 Weeks Keith & Chandra	In-Person – Building – Better Boundaries – A Jan 10 – Feb 14 6 Weeks Keith & Chandra
	Virtual – Poetry – A Jan 6 – Feb 10 6 Weeks Julie & Krishna		In-Person – CPR-C – A February 19 9:00 am – 3:00 pm 1 class Jenine Wilson	Virtual – Progressive Low Impact Exercise – A & B Jan 9 – Mar 27 11 Weeks Julie (No class Feb 20)	Virtual – Learning to Live a Healthy Balanced Lifestyle – A & B Jan 10 – Feb 28 8 Weeks Julie & Joanna
1:00 pm-2:15pm	In-Person – Learning About Mindfulness – A & B Jan 6 – March 17 10 Weeks Heather & Sue (No class Feb 17)	In-Person – Building Resiliency – A Jan 7 – Feb 11 6 Weeks Heather & Sue	In-Person – CHIME – A Jan 8 – Feb 12 6 Weeks Heather & Sue	In-Person – Understanding Burnout – A Jan 9 – Feb 13 6 Weeks Heather & Sue	In-Person – Managing Anger – A Jan 10 – Feb 14 6 Weeks Heather & Sue
	Virtual – Overcoming Challenges – A Jan 6 – Feb 10 6 Weeks Keith & Chandra	Virtual – Self-Esteem Boost for Women: Pathways to Wellness and Self-Care – A Jan 7 – Feb 11 6 Weeks Colleen & Chandra	Virtual – Communication and Conflict – A Jan 8 – Feb 12 6 Weeks Keith & Chandra	Virtual – Self-Esteem – A Jan 9 – Feb 13 6 Weeks Keith & Chandra	Virtual – Building Better Boundaries – A Jan 10 – Feb 14 6 Weeks Keith & Chandra
	In-Person – Art of Craft – A Jan 6 – Feb 10 6 Weeks Julie & Robin	In-Person – Art Journaling – A Jan 7 – Feb 11 6 Weeks Julie		In-Person – Music for Self-Care – A Jan 9 – Feb 13 6 Weeks Kaitlyn & Clark	Virtual – Yoga – A & B Jan 10 – Mar 28 11 Weeks Julie (No class Feb 21)
		Virtual – ADHD and Me – A DMHS collaboration Jan 7 – Feb 25 8 Weeks Keith		In-Person – Introduction to Mindfulness Practice – A @ the Clarington Public Library 6 Weeks Jan 9 – Feb 13 Nicole & Robin	
3:00 pm-4:15 pm	Virtual – No Pressure Book Club – A Jan 6 – Feb 10 6 Weeks Julie	In-Person – Yoga – A & B Jan 7 – Mar 25 11 Weeks Julie (No class Feb 18)	In-Person – Off the Wall Miniatures with Deb – A & B Jan 8 – Mar 26 12 Weeks Nicole & Deb	Virtual – Discovering Watercolour Painting – A Jan 9 – Feb 13 6 Weeks Julie & Ashley	
5:15 pm – 6:30 pm			Virtual – ZIA (Zentangle® Inspired Art) – A Jan 8 – Feb 12 6 Weeks Julie		