

Recovery College Winter 2025 Semester **Session B**

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



Ontario Shores
Centre for Mental Health Sciences

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness – A & B Jan 6 – Mar 17 10 Weeks Heather & Sue (No class Feb 17)	Virtual – Exploring Radical Acceptance – B Feb 18 – Mar 25 6 Weeks Heather & Sue	Virtual – Exploring Non-Attachment – B Feb 19 – Mar 26 6 Weeks Heather & Sue	Virtual – Building Self-Worth – B Feb 20 – Mar 27 6 Weeks Heather & Sue	Virtual – Glimmers, Spoon, Fork, Knife Theory – B Feb 21 – Mar 28 6 Weeks Heather & Sue
10:30am-11:45am	In-Person – Self-Care 101 – B Feb 24 – Mar 31 6 Weeks Keith & Chandra	In-Person – Pursuing Aspirations and Dreams – B Feb 25 – Apr 1 6 Weeks Keith & Chandra	In-Person – Advocacy – B Feb 26 – Apr 2 6 Weeks Keith & Chandra	In-Person – Self-Esteem – B Feb 27 – Apr 3 6 Weeks Keith & Chandra	In-Person – Maintaining Momentum – B Feb 28 – Apr 4 6 Weeks Keith & Chandra
	Virtual – Poetry – B Feb 24 – Mar 24 5 Weeks Julie & Krishna	In-Person – Cultivating Happiness and Joy @ the Ajax Public Library – B Feb 25 – Apr 1 6 Weeks Nicole		Virtual – My Stories, My Voice – B Feb 20 – Mar 27 6 Weeks Lori & Sue	Virtual – Learning to Live a Healthy Balanced Lifestyle – A & B Jan 10 – Feb 28 8 Weeks Julie & Joanna
				Virtual – Progressive Low Impact Exercise – A & B Jan 9 – Mar 27 11 Weeks Julie (No class Feb 20)	
1:00-2:15pm	Virtual – Coping with Anxiety and Panic – B Feb 24 – Mar 31 6 Weeks Keith & Chandra		Virtual – Course Facilitation Skills Training – B Feb 26 – Apr 2 6 Weeks Keith & Chandra	Virtual – Conquering Loneliness – B Feb 27 – Apr 3 6 Weeks Keith & Chandra	Virtual – Maintaining Momentum – B Feb 28 – Apr 4 6 Weeks Keith & Chandra
	In-Person – Learning About Mindfulness – A & B Jan 6 – Mar 17 10 Weeks Heather & Sue (No class Feb 17)	In-Person – Exploring Radical Acceptance – B Feb 18 – Mar 25 6 Weeks Heather & Sue	In-Person – Exploring Non-Attachment – B Feb 19 – Mar 26 6 Weeks Heather & Sue	In-Person – Building Self Worth – B Feb 20 – Mar 27 6 Weeks Heather & Sue	In-Person – Glimmers, Spoon, Fork, Knife Theory – B Feb 21 – Mar 28 6 Weeks Heather & Sue
	In-Person – Art of Craft – B Feb 24 – Mar 24 5 Weeks Julie & Robin	In-Person – Art Journaling – B Feb 25 – Mar 25 5 Weeks Julie	Virtual – NeuroNurture: Empowering Caregivers for Better Brain Health – B Feb 26 – Apr 2 6 weeks Nicole, Tracey, Mary & Loretta	In-Person – Music for Self-Care – B Feb 27 – Apr 3 6 Weeks Kaitlyn & Clark	Virtual – Yoga – A & B Jan 10 – Mar 28 11 Weeks Julie (No class Feb 21)
3:00 pm-4:15 pm	Virtual – No Pressure Book Club – B Feb 24 – Mar 24 5 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 – B Feb 27 – Mar 27 5 Weeks Julie & Ashley	
5:15 pm – 6:30 pm			Virtual – ZIA (Zentangle® Inspired Art) – B Feb 26 – Mar 26 5 Weeks Julie		