

Recovery College Winter 2026 Semester: January 5 – April 2, 2026

Session A

No class – Monday, February 16th (Family Day) & Friday, April 3<sup>rd</sup> (Good Friday)

Session A: January 5 – February 13

Session B: February 23 – April 2

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 10:15 am	Virtual – Learning About Mindfulness - A&B January 5 – March 16 (No Class February 16) 10 Classes Sue & Heather	Virtual – Exploring Non-Attachment – A January 6 – February 10 6 classes Sue & Heather	Virtual – Exploring Radical Acceptance – A January 7- February 11 6 classes Sue & Heather	Virtual – Managing Anger – A January 8 – February 12 6 classes Sue & Heather	Virtual – Exploring Unhealthy Thought Patterns – A January 9 – February 13 6 classes Sue, Heather & Ana
10:30 am - 11:45 am	In-Person – Overcoming Challenges-A January 5 – February 9 6 classes Keith & Chandra	In-Person – Identifying Unhealthy Relationships – A January 6 – February 10 6 classes Keith & Chandra	In-Person - Attitude of Gratitude-A January 7- February 11 6 classes Chandra & Robin	In-Person – Coping with Anxiety and Panic – A January 8 – February 12 6 classes Keith & Chandra	In-Person – Maintaining Momentum – A January 9 – February 13 6 classes Keith & Chandra
	Virtual – Poetry Writing – A January 5 – February 9 6 classes Julie & Krishna	In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – A January 20 or February 17 1 class Katie & Falguni 10:30am – 12:30pm	In-Person – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – A January 7- February 11 6 classes Stacie & Keith	In-Person – My Stories, My Voice – A January 8 – February 12 6 classes Sue & Lori	In-Person – Exploring Unhealthy Thought Patterns – A January 9 – February 13 6 classes Sue, Heather & Ana
		In-Person – Your Personal Recovery Journey – A January 6 – February 10 6 classes Nicole, Leah & Greg		Virtual – Your Personal Recovery Journey – A January 8 – February 12 6 classes Nicole, Leah & Greg	In-Person – CPR-C – A January 23 9:00am – 3:00pm 1 class Jenine & Heather
				Virtual – Progressive Low Impact Exercise – A&B January 8 – April 2 (No class February 19) 12 classes Julie	
1:00 pm - 2:15 pm	Virtual– Course Facilitation Skills Training – A January 5 – February 9 6 classes Keith & Chandra	Virtual – Understanding and Exploring Vices – A DMHS Collaboration January 6 – February 10 6 classes Keith & Stacie	Virtual – Self-Esteem Boost for Women: Pathways to Wellness and Self-Care – A January 7- February 11 6 classes Chandra & Colleen	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – A January 8 – February 12 6 classes Heather & Stacie	Virtual – Building Better Boundaries – A January 9 – February 13 6 classes Keith & Chandra
	In-Person – Art Journaling – A January 5 – February 9 6 classes Julie & Justine	In-Person – Exploring Non-Attachment – A January 6 – February 10 6 Classes Sue & Heather	In-Person – Safe and Sound: Medication Education with Pharmacy – A January 7- February 11 6 classes Pharmacy & Heather	In-Person – WRAP – A&B January 8 – March 5 (No class February 19) 8 classes Tanya & Peter *1:00pm – 2:30pm*	In-Person – A Taste of Tai Chi – A (Central Gymnasium) January 16 – February 13 5 classes Elaine & Ana
	Virtual – Thriving Together: Community Wellness Peer Support Group – A January 5 – February 9 6 classes Nicole & Leah	In-Person – The Dynamics of Discharge – A January 6 – February 10 6 Classes Nicole & Leah	In-Person - Understanding Core Beliefs – A @ Ajax Public Library January 7 – February 11 (No class January 21) 5 classes Sue & Stacie	Virtual – Empowering Caregivers: Navigating Compassion, Advocacy & Well-being – A January 8 – February 12 6 classes Chandra & Nicole	Virtual – Find Your Zen for the Weekend Yoga – A&B January 9 – March 27 (No class February 20) 11 classes Julie
	In-Person – Learning About Mindfulness - A&B January 5 – March 16 (No Class February 16) 10 Classes Sue & Heather		In-Person – Thriving Together: Community Wellness Peer Support Group – A January 7- February 11 6 classes Nicole & Leah	In-Person – Stitch and B*tch – A (Multifaith Room) January 8 – February 12 6 classes Leah & Denise	
			In-Person – The Art of Craft – A January 7- February 11 6 classes Julie & Tanya		
3:00 pm - 4:15 pm		In-Person - Learning Together: Exploring Indigenous Cultures – A&B January 6 – March 31 (No Class February 17) 12 Classes Leah & Levi	In-Person – Off the Wall Miniature Painting with Deb – A&B January 7- April 1 (No class February 18) 12 classes Nicole & Deb	In-Person – Singing 101 – A (Multifaith Room) January 8 – February 12 6 classes Kaitlyn & Clark	Virtual – Beyond the Brush Acrylic Painting – A January 9 – February 13 6 classes Julie
		Virtual – Conquering Loneliness – A January 6 – February 10 6 classes Chandra & Sam	Virtual – Surviving a Personal Crisis –A January 7-February 11 6 classes Keith & Claire	Virtual – Discovering Watercolours – A January 8 – February 12 6 classes Julie & Ashley	
5:15 pm - 6:30 pm			Virtual – A Zest for Zentangle – A January 7-February 11 6 classes Julie		

In-Person	Virtual	Community	Transitional Discharge	Workshop
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