

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

Session B

No class – Monday, February 16th (Family Day) & Friday, April 3rd (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 – Self-Discovery – B February 24 – March 31 6 classes Stacie & Heather	Virtual – Understanding Burnout – B February 25 – April 1 6 classes Sue & Heather	Virtual – Understanding Core Beliefs – B February 26 – April 2 6 classes Sue & Heather	Virtual – Many Faces of Ego – B February 27 – March 27 5 classes Sue & Heather
		Virtual – Building Self Worth – B February 24 – March 31 6 classes Sue			
10:30 am- 11:45 am	In-Person – Self-Esteem – B February 23 – March 30 6 classes Keith & Chandra	In-Person – Course Facilitation Skills Training – B February 24 – March 31 6 classes Keith & Chandra	In-Person – Building Better Boundaries – B February 25 - April 1 6 classes Keith & Chandra	In-Person – Coping with Depression – B February 26 – April 2 6 classes Keith & Chandra	In-Person – Communication and Conflict – B February 27 – March 27 5 classes Keith & Chandra
	Virtual – Poetry Writing – B February 23 – March 30 6 classes Julie & Krishna	Virtual – The Menopause Transition: Insights & Empowerment – B February 24 – March 31 6 classes Stacie & Julie		Virtual – Progressive Low Impact Exercise – A&B January 8 – April 2 (No class February 19) 12 classes Julie	
	Virtual – Healthy Living: A 6-Week Journey Toward Lifelong Vitality – B February 23 – March 30 6 classes Nicole & Tracey	Virtual – Your Personal Recovery Journey – B February 24 – March 31 6 classes Nicole, Leah & Greg		In-Person – Your Personal Recovery Journey – B February 26 – April 2 6 classes Nicole, Leah & Greg	
				Virtual – My Stories, My Voice – B February 26 – April 2 6 classes Lori & Sue	
1:00 pm - 2:15 pm	In-Person – Learning About Mindfulness - A&B January 5 – March 16 (No Class February 16) 10 Classes Sue & Heather	In-Person – Self-Discovery – B February 24 – March 31 6 classes Heather & Bri	In-Person – Recognizing Basic Goodness and Happiness Within – B February 25 – April 1 6 classes Keith & Galen	In-Person – WRAP – A&B January 8 – March 5 (No class February 19) 8 classes Tanya & Peter *1:00pm – 2:30pm*	In-Person – Reggae – B (Multifaith Room) February 27 – March 27 5 classes Clark & Leah
	In-Person – Art Journaling – B February 23 – March 30 6 classes Julie & Justine	In-Person – The Dynamics of Discharge – B February 24 – March 31 6 Classes Nicole & Leah	In-Person – The Art of Craft – B February 25 – April 1 6 classes Julie & Sue	In-Person – Découpage: Decorating with Paper and Passion – B March 12 – April 2 4 classes Keith & Stacie	In-Person – Many Faces of Ego – B February 27 – March 27 5 classes Sue & Heather
	Virtual – Thriving Together: Community Wellness Peer Support Group – B February 23 – March 30 6 classes Nicole & Leah	Virtual – Exploring Radical Acceptance – B DMHS Collaboration February 24 – March 31 6 classes Keith	In-Person – Thriving Together: Community Wellness Peer Support Group – B February 25 - April 1 6 classes Nicole & Leah	Virtual – Get Ahead with What You’ve Got: Maximizing Your Financial Resources – B February 26 – April 2 6 classes Nicole & Leah	Virtual – Find Your Zen for the Weekend Yoga – A&B January 9 – March 27 (No class February 20) 11 classes Julie
	Virtual – Self-Esteem – B February 23 – March 30 6 classes Keith & Chandra	In-Person – Coping with Anxiety and Panic – B @ Bowmanville Public Library February 24 – March 31 6 classes Chandra & Sue			Virtual – Maintaining Momentum – B February 27 – March 27 5 classes Keith & Chandra
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 – B (Multifaith Room) February 26 – April 2 6 classes Kaitlyn & Clark	Virtual – Beyond the Brush Acrylic Painting – B February 27 – March 27 5 classes Julie
			In-Person – Understanding Burnout – B February 25 - April 1 6 classes Chandra & Heather	Virtual – Discovering Watercolours – B February 26 – April 2 6 classes Julie & Ashley	
5:15 pm – 6:30 pm			Virtual – A Zest for Zentangle – B February 25 - April 1 6 classes Julie		