

To register, please visit www.recoverycollegecalgary.ca or call/text 403- 312-6585. All courses are **FREE** and available **online** and **in-person**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	<ul style="list-style-type: none"> ● Building Better Boundaries 2 pm - 4 pm / 4 Sessions 	<ul style="list-style-type: none"> ● Challenging Procrastination 10 am - 12 pm / 2 sessions ● A Better Relationship with Sleep 2 pm - 4 pm / 2 sessions 	<ul style="list-style-type: none"> ● Intro to Recovery 10 am - 12 pm / 1 Session 	<ul style="list-style-type: none"> ● Connecting with Yourself 10 am - 12 pm / 1 Session
9	<ul style="list-style-type: none"> ● Managing Your Inner Critic 2 pm - 4 pm / 2 sessions 	<ul style="list-style-type: none"> ● Intro to Anxiety Management 2 pm - 4 pm / 1 Session 	<ul style="list-style-type: none"> ● Road to Recovery 10 am - 12 pm / 4 sessions 	<ul style="list-style-type: none"> ● Connecting with Others 10 am - 12 pm / 1 session ● Intro to Self-Care 2 pm - 4 pm / 1 Session
<ul style="list-style-type: none"> ● Recovery College Closed 	<ul style="list-style-type: none"> ● Confront the Discomfort 10 am - 12 pm / 4 Session 	18	<ul style="list-style-type: none"> ● Rethinking Our Thoughts 2 pm - 4 pm / 4 Sessions ● Want a Better Night's Sleep? 2 pm - 4 pm / 1 Session 	<ul style="list-style-type: none"> ● Dealing with Tough Stuff 10 am - 12 pm / 1 session ● Taking Charge of Self-Care 2 pm - 4 pm / 4 Sessions
<ul style="list-style-type: none"> ● Practicing Compassion 10 am - 12 pm / 4 Session 	<ul style="list-style-type: none"> ● Shades of Self-Disclosure 2 pm - 4 pm / 2 Sessions 	<ul style="list-style-type: none"> ● Intro to Boundaries 10 am - 12 pm / 1 Session ● Hopes & Dreams 2 pm - 4 pm / 3 Sessions ● Communicate with Confidence 6 pm - 8 pm / 1 Session 	26	<ul style="list-style-type: none"> ● Practicing Mindfulness 10 am - 12 pm / 1 Session



Secure your registration to our courses at recoverycollege.ca or scan the QR code.



Legend

- Online Course
- In-Person Course
- Closure