



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

<p>2</p> <ul style="list-style-type: none"> ● Conversations that Matter 2 pm - 4 pm / 4 Sessions 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> ● Intro to Boundaries 10 am - 12 pm/ 1 Session Carya Village Commons ● Intro to Self-Care 6pm - 8 pm / 1 Session 	<p>5</p> <ul style="list-style-type: none"> ● A Better Relationship with Sleep 6 pm - 8 pm / 2 Sessions 	<p>6</p> <ul style="list-style-type: none"> ● Building Better Boundaries 10 am - 12 pm / 4 sessions ● Dealing with Tough Stuff 2 pm - 4 pm / 1 Session
<p>9</p>	<p>10</p> <ul style="list-style-type: none"> ● Adulting 101 2 pm - 4 pm / 4 Sessions 	<p>11</p> <ul style="list-style-type: none"> ● Intro to Anxiety Management 10 am - 12 pm/ 1 Session Carya Village Commons ● Intro to Boundaries 10 am - 12 pm / 1 session 	<p>12</p>	<p>13</p>
<p>16</p>	<p>17</p> <ul style="list-style-type: none"> ● Challenging Procrastination 10 am - 12 pm / 2 sessions ● Shades of Self-Disclosure 6 pm - 8 pm / 2 sessions 	<p>18</p> <ul style="list-style-type: none"> ● Intro to Self-Care 10 am - 12 pm/ 1 Session Carya Village Commons ● Practicing Compassion 10 am - 12 pm / 4 sessions 	<p>19</p> <ul style="list-style-type: none"> ● Managing Your Inner Critic 10 am - 12 pm / 2 sessions ● Bring Compassion to Your Life 6 pm - 8 pm / 1 Session 	<p>20</p> <ul style="list-style-type: none"> ● Connecting with Yourself 2 pm - 4 pm / 1 Session 
<p>23</p> <ul style="list-style-type: none"> ● Intro to Anxiety Management 10 am - 12 pm / 1 session 	<p>24</p>	<p>25</p> <ul style="list-style-type: none"> ● Intro to Your Thoughts 10 am - 12 pm/ 1 Session Carya Village Commons ● Intro to Boundaries 2 pm - 4 pm / 1 Session ● Hopes & Dreams 6 pm - 8 pm / 3 Sessions 	<p>26</p>	<p>27</p> <ul style="list-style-type: none"> ● Connecting with Others 2 pm - 4 pm / 1 Session



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



- Legend**
- Online Course
 - In-Person Course
 - Closure