




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

1	2	3 <ul style="list-style-type: none"> ● Building Better Boundaries 10 am - 12 pm / 4 sessions ● Bring Compassion to Your Life 10 am - 12 pm / 1 session ● Managing Your Inner Critic 2 pm - 4 pm / 2 Sessions 	4 <ul style="list-style-type: none"> ● Intro to Your Thoughts 6pm - 8 pm / 1 Session 	5 <ul style="list-style-type: none"> ● Horizons 10 am - 12 pm <p><i>*Drop-in group - see back for more details*</i></p>
8	<ul style="list-style-type: none"> ● Rethinking Our Thoughts 2 pm - 4 pm / 4 Sessions 	10 <ul style="list-style-type: none"> ● Dealing with Tough Stuff 10 am - 12 pm / 1 session 	11 <ul style="list-style-type: none"> ● Want a Better Night's Sleep? 2 pm - 4 pm / 1 Session ● Intro to Boundaries 6pm - 8 pm / 1 Session 	12 <ul style="list-style-type: none"> ● Conversations that Matter 10 am - 12 pm / 3 sessions ● Horizons 10 am - 12 pm
15	16	17	18 <ul style="list-style-type: none"> ● Intro to Anxiety Management 2 pm - 4 pm / 1 Session ● Shades of Self-Disclosure 6 pm - 8 pm / 2 sessions 	19 <ul style="list-style-type: none"> ● Horizons 10 am - 12 pm
22 	23 <ul style="list-style-type: none"> ● Connecting with Others 6pm - 8 pm / 1 Session 	24 <ul style="list-style-type: none"> ● Intro to Self-Care 2 pm - 4 pm / 1 Session 	25	26 <ul style="list-style-type: none"> ● Horizons 10 am - 12 pm

29	30	<p>Secure your registration to our courses at recoverycollege.ca or scan the QR code.</p>  	<p><u>Legend</u></p> <ul style="list-style-type: none"> ● Online Course ● In-Person Course ● Closure
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Event	Date(s)	Description
Horizons	Every Friday from 10 AM-12PM	Please join us every Friday from May 27 - July 17 for connection and community. This drop in group (no registration required) has been designed for the 55+, but is open to anyone looking for a place to connect with others.



Recovery College offers short-term courses and discussion groups to support participants looking to improve their mental health and wellness. All of our **FREE** courses are delivered in partnership with our Peer Supporters who are experts by experience, having their own personal journey with mental health or substance use concern, or are supporting a loved one.



Please visit recoverycollegecalgary.ca to register for all of our **FREE** courses.

For registration support and course navigation; Please email recovery.college@cmha.calgary.ab.ca or call/text 403- 312-6585.