September 2026

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college CALGARY

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
Legend Online Course In-Person Course Closure	**1** **Intro to Boundaries** 2 pm - 4 pm / 1 Session	**2** **Intro to your Thoughts** 10 am - 12 pm / 1 session **Intro to Anxiety Management** 2 pm - 4 pm / 1 session **Dealing with Tough Stuff** 6 pm - 8 pm / 1 Session	**3** **Bring Compassion to Your Life** 10 am - 12 pm / 1 Session @ Carya Village Commons **A Better Relationship with Sleep** 2 pm - 4 pm / 2 sessions	**4**
7 **Closed** 	**8** **Road to Recovery** 2 pm - 4 pm / 4 Sessions	**9**	**10** **Communicate with Confidence** 10 am - 12 pm / 1 Session @ Carya Village Commons **Building Better Boundaries** 6 pm - 8 pm / 4 Sessions	**11** **Confront the Discomfort** 10 am - 12 pm / 4 Sessions **Taking Charge of Self-Care** 2 pm - 4 pm / 4 Sessions
14 **Conversations That Matter** 2 pm - 4 pm / 3 sessions	**15** **Managing Your Inner Critic** 6 pm - 8 pm / 2 Sessions	**16** **Intro to Recovery** 2 pm - 4 pm / 1 Session	**17** **Dealing with Tough Stuff** 10 am - 12 pm / 1 Session @ Carya Village Commons **Shades of Self-Disclosure** 2 pm - 4 pm / 2 Sessions	**18**
21 **Hopes & Dreams** 10 am - 12 pm / 3 sessions	**22** **Adulting 101** 10 am - 12 pm / 4 Sessions	**23** **Intro to Self-Care** 2 pm - 4 pm / 1 Session	**24** **Intro to Boundaries** 10 am - 12 pm / 1 Session @ Carya Village Commons	**25**
28	**29**	**30** **Closed** 		

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Event	Date(s)	Description
Bring Compassion To Your Life	September 3, 10 AM-12PM @ CARYA Village Commons	Compassion isn't just about being kind—it can also improve your mental and physical well-being. In this course, you'll explore what compassion really means and how practicing it can bring more peace and positivity into your life. Learn practical strategies to be more compassionate toward others and yourself, while also discovering the role of forgiveness in letting go and moving forward. Walk away with tools to build stronger relationships, reduce stress, and create a more fulfilling life.
Communicate with Confidence	September 10, 10 AM-12PM @ CARYA Village Commons	Want to express yourself clearly and advocate for yourself? This course will help you build effective communication skills that can make a real difference in your daily life. You'll see how the way you communicate affects both your mental and physical health, learn practical strategies to communicate in more meaningful ways, and explore how body language can strengthen your message. Plus, you'll pick up tips for handling conversations in a more solution-focused way. At the end, you'll have time to practice what you've learned with optional exercises. Walk away feeling more confident in how you communicate—at work, with friends, and beyond!
Dealing with Tough Stuff	September 17, 10 AM-12PM @ CARYA Village Commons	You can spend a lot of time and energy dealing with external events – things out of your control. In this bite-size class, you will learn how to determine what level of control you have over external stressors as well as skills you can use to ensure these stressors aren't overwhelming you.
Intro to Boundaries	September 24, 10 AM-12PM @ CARYA Village Commons	In the Intro to Boundaries, participants will gain a basic understanding of how boundaries can impact their recovery and relationships in a positive way. Participants will also learn and practice skills that will help them to implement boundaries in their own lives.

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.calqary.ab.ca or call/text 403- 312-6585.

Canadian Mental Health Association - Calgary Region 200-2540 Kensington Rd NW