

# Recovery College Spring 2023 Semester: Virtual Schedule

May 1 – July 28, 2023

(No class – Monday, May 22 (Victoria Day) & Monday, July 3 (Canada Day))

Session A: May 1 – June 16

Session B: June 19 – July 28

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	<b>Learning About Mindfulness</b> 10 Weeks May 1 – July 17  Sue & Heather  <b>**No Class May 22**</b> <b>**No Class July 3**</b>	<b>Building Resiliency</b> 12 Weeks May 2 – July 18  Sue & Heather	<b>The Art of Social Interaction</b> 6 Weeks May 3 – June 7  Sue & Heather	<b>Exploring Non-Attachments</b> 6 Weeks May 4 – June 8  Sue & Heather	<b>Exploring Core Beliefs</b> 6 Weeks May 5 – June 9  Sue & Heather
			<b>Understanding Burnout</b> 6 Weeks June 14 – July 19 Sue & Heather	<b>Exploring Non-Attachments</b> 6 Weeks June 15 – July 20 Sue & Heather	<b>Understanding Anger</b> 6 Weeks June 16 – July 21 Sue & Heather
10:30am-11:45am	<b>Creative Writing</b> 8 weeks May 1 – June 26 Julie & Krishna  <b>**No Class May 22**</b>	<b>Growing Gratitude A</b> 4 weeks May 9 – May 30 Amanda	<b>Pay It Forward IP</b> 5 weeks May 24 – June 21 Amanda & Sarah	<b>My Story My Voice A</b> 6 Weeks May 4- June 8 Lori & Sue	
		<b>Exploring Our Relationship with Body Image and Food</b> 6 weeks May 2 – June 6 Leah & Stacey		<b>Progressive Low Impact Exercise</b> 12 weeks May 4 – July 20 Julie	
	<b>Creative Writing</b> Continued	<b>Growing Gratitude B</b> 4 weeks June 6 – June 27 Amanda	<b>Finding Your Voice: Putting Pen to Paper</b> 6 weeks June 21 – July 26 Clark & Sue	<b>My Story My Voice B</b> 6 Weeks June 22- July 27 Lori & Sue	<b>Women's Group</b> 6 weeks June 16 – July 21 Leah & Colleen
				<b>Progressive Low Impact Exercise</b> continued	
1:00-2:15pm	<b>CMHA Collaboration Self-Esteem</b> 6 Weeks May 1 - June 12 Keith & Chandra  <b>**No Class May 22**</b>	<b>DMHS Collaboration Who Am I</b> 6 Weeks May 2 - June 6 Keith & Michelle	<b>Conquering Loneliness</b> 6 Weeks May 3 - June 7 Keith & Chandra	<b>Course Facilitation Skills Training</b> 6 Weeks May 4 - June 8 Keith & Chandra	<b>Coping with Depression</b> 6 Weeks May 5 - June 9 Keith & Chandra
		<b>Budget Bites: Eating Well on a Budget</b> 6 weeks May 16 – June 20 Nicole & Olyvia		<b>Let's Talk About Art</b> 6 weeks May 11 – June 22 Leah & Kati	<b>Yoga Flow</b> 12 weeks May 5 – July 28 Julie
	<b>Co-Design Harm Reduction</b> 6 Weeks June 19 - July 31 Keith & Chandra  <b>**No Class July 3**</b>	<b>DMHS Collaboration Communication and Conflict</b> 6 Weeks June 20 - July 25 Keith, Chandra & Michelle	<b>Advocacy</b> 6 Weeks June 21 - July 26 Keith & Chandra	<b>Pursing Dreams and Aspirations</b> 6 Weeks June 22 - July 27 Keith & Chandra	<b>Open Peer Discussion</b> 6 Weeks June 23 - July 28 Keith & Chandra
					<b>Yoga Flow</b> Continued

3:00 pm - 4:15 pm	<b>Creative Journaling</b> 7 weeks May 1 – June 26  Julie & Amanda <b>**No Class May 15**</b> <b>**No Class May 22**</b> <b>**No Class June 17**</b>	<b>The Art of Craft</b> 6 weeks <b>May 16 – June 20</b> Amanda & Brook	<b>Wellness Wednesday</b> (8 weeks) May 3 – June 21  Julie & Amanda	<b>Good Mourning A</b> 6 weeks May 18 – June 22 Nicole & Laurene	
				<b>Discovering Watercolour Painting A</b> 6 weeks May 4 – June 8 Ashley & Amanda	
	<b>Creative Journaling Continued</b>		<b>Good Mourning B</b> 6 weeks June 21 – July 26 Nicole & Laurene	<b>Discovering Watercolour Painting B</b> 6 weeks June 22 – July 27 Ashley & Amanda	
5:15 pm – 6:30 pm	<b>Guided Painting</b> 6 weeks May 8 – June 19 Amanda <b>**No Class May 22**</b>	<b>Expressive Arts</b> 9 weeks May 2 – June 27 Julie	<b>Find Some Fun: Leisure Education</b> 8 weeks May 3 – June 21 Julie	<b>Pay It Forward V</b> 5 weeks May 25 – June 22 Amanda	

### Events & Workshops

**(Events and workshops do not count toward your 4-course limit)**

#### Cultivating Happiness & Joy at the Oshawa Public Library, McLaughlin Branch

Tuesday, June 6, 13, 20 & 27

11:00 am – 12:00 pm

Please contact the library for details on registering for this event.

<https://oshawalibrary.ca/>

#### Exploring Employment as Part of Your Recovery

Wednesday, May 10, 2023

1:00 pm – 2:15 pm

#### Getting to Know Your Library

**Whitby Library – Wednesday, May 17, 2023 1:00 pm – 2:15 pm**

**Oshawa Library – Wednesday, June 7, 2023 1:00 pm – 2:15 pm**

#### We Care Well: Recovery Workshop Series for Family Caregivers

May 4, 11, 18, 25

1:00 pm - 2:30 pm