

RECOVERY COLLEGE WELLNESS CENTRE (RCWC): General Timetable

First day of classes is Oct 13, 2020

Time	MONDAY				TUESDAY		WEDNESDAY			THURSDAY			FRIDAY		
A.M.	Tolerance for Uncertainty 9:30-11:30 5 weeks Oct 19	V-Hello French! (French Café) 11am-12pm 4 classes bi-weekly Oct 19	V- Understanding the Media during COVID-19 9:30-11:30am 3 weeks 2 cohorts Oct19 Nov30	WRAP 9:30-11:30am 4 weeks Nov 23	Living Life to the Full 9:30-11:30am 8 weeks Oct 13	V-Art Therapy 10am-12pm 10 weeks Oct 13	Recovery Journeys 9:30-11:30 6 weeks Oct 21	V-Bibliotherapy 10-11am 6 weeks Oct 21	V-Yoga 9:30-10:30am 7 weeks Oct 21				Peer Support Training 9:30-11:30am 8 weeks Oct 16	V-Recovery Journeys 10-11am 6 weeks Oct 16	
P.M.	Addictions Group 2-3pm 8 weeks Oct 19		V- Coping with Change Fatigue Workshop 1:30-3:30pm Bi-weekly Oct 19		The Muse in Music 1:30-3:00pm 4 weeks Nov 24 29		Support Group 1:30 – 3:00pm 7 weeks Oct 21			V-Assert Yourself 1:30-3:00pm 6 weeks Oct 29	Support Group 2-3:30pm 8 weeks Oct 22	Couponing 1-2pm 8 weeks Oct 22	Financial Literacy 1:30-3:30pm 9 weeks Oct 23		
Classes marked by V- indicate that they are virtual using Zoom. You will need a device with internet connection and an email address in order to attend. We are hoping to offer Virtual Music Therapy. Dates are to be determined.															

For more information about classes, visit our website <https://cmhadurham.ca/services/recovery-college-wellness-centre/> to download the catalogue.