

RECOVERY COLLEGE WELLNESS CENTRE (RCWC): General Timetable

Courses will begin January 4, 2021

Time	MONDAY		TUESDAY			WEDNESDAY		THURSDAY		FRIDAY	
A.M.	Study Hall 9:30-11:30am Jan 4 11 weeks	V- Yoga 9:30-10:30am Jan11 9 weeks	Support Group 10am-12pm Jan 5 12 weeks	V- Art Therapy 10am-12pm Jan 5 10 weeks	V- The Art of Leadership 9:30-11:30 am Feb 2 7 week	V- Organizing Ourselves to Maximize Time 10-11am Feb 3 5 weeks		V- Music Therapy 10:30am-12:00pm Jan 14 10 weeks	Understanding Common Mental Health 9:30-11:30am Jan 7 9 weeks	Couponing 10:30am-12:00pm Jan 8 8 weeks	Support Group 10am-12pm Jan 8 12 weeks
P.M.	V- Up Skills for Work 1:30-3:00 Jan 11 9 weeks		Living Life to the Full 1:30-3:00pm Jan 5 9 weeks	V- The Muse in Music 2-3pm Jan 5 8 weeks		Recovery Journeys 1:30-3:30pm Jan 6 onward Collect all 6 classes	V-Bibliotherapy 2:00-3:00pm Jan 6 12 weeks			V-Recovery Journeys 2:00-3:00pm Jan 8 onward Collect all 6 classes	Mindfulness 1:30-2:30pm Feb 5 4 weeks
		All classes indicated by a V and in red are done virtually using Zoom. All in-person classes are limited to a maximum of 12 participants to accommodate for social distancing.									

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