

RECOVERY COLLEGE WELLNESS CENTRE (RCWC): General Timetable

Fall 2021 Course Selection

Courses will begin Oct 4, 2021

Time	MONDAY				TUESDAY			WEDNESDAY				THURSDAY		FRIDAY			
A.M.	V- Yoga 10 weeks Oct 4 9:30am-10:30am		Understanding Common Mental Health 9 weeks Oct 4 10:00am-12:00pm		Peer Support Core Competency Training October 13, 15, 18, 20, Nov 5 9am-4pm			*V- Recovery Journeys 6 weeks Oct 6 10:00am-11:30am		Support Group 10 weeks Oct 6 10:00am-11:30am		DBT Skills Group 10 weeks Oct 7 9:30am-11:30am		V- Art Therapy 8 weeks Oct 14 10:00am-12:00pm		Games Group 7 weeks Oct 29 10:00am-11:30am	V – Assert Yourself 10 weeks Oct 15 10:00am-11:30am
P.M.	V - When Panic & Anxiety Attack 6 weeks Oct 4 1:00pm-2:15p	Support Group 10 weeks Oct 4 1:30pm-3:00pm	Facilitation 101 8 weeks Oct 25 1:30pm-3:30pm	V – Powerful Tools for Caregivers 6 weeks Oct 18 1:30pm-3:00pm	Wellness 101 1 week Nov 9 1:30pm-3:30pm	Coping with Change 1 week Oct 26 1:30pm-3:30pm	V- Sleep Hygiene 1 week Nov 2 OR Dec 14 2:30pm-3:30pm	V- Adult Learning 8 weeks Oct 27 1:30pm-3:30pm	V- Sleep Hygiene 1 week Oct 6 2:30pm-3:30pm	Open Doors, Open Arms 6 weeks Nov 3 1:30pm-3:30pm	*Recovery Journeys 6 weeks Oct 7 1:30pm-3:00pm		V- DBT Skills Group 10 weeks Oct 7 1:30pm-3:30pm		V- Understanding Common Mental Health 9 weeks Oct 15 1:30pm-3:30pm	Book Club 7 weeks Oct 15 1:30pm-3:00pm	
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. *Recovery Journeys is the only mandatory/required class as indicated by the green boxes. <i>*NEW Participants are required to include either an AM or PM Recovery Journeys class in their course selection</i>																	

SPECIAL EVENTS PLANNED FOR THE FALL SEMESTER – Holiday classes & workshops, and Cognitive Behavioural Therapy Skills. Dates and times pending.

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