

RECOVERY COLLEGE WELLNESS CENTRE (RCWC): General Timetable

Courses will begin January 4, 2022

Time	MONDAY			TUESDAY	WEDNESDAY				THURSDAY			FRIDAY		
A.M.	(V)Yoga 9:30-10:30am		Creative Writing 9:30-11:30am		(V)Recovery Journeys 10:00-11:30am	(V)Music Therapy 10:30am-12:00pm	WRAP 9:30-11:30am	Living Life to the Full 10:30am-2:30pm	DBT Skills Group 9:30-11:30am	Self- Discovery 9:30-11:30am	(V)Art Therapy 10:00am-12:00pm	(V)Assert Yourself 10:00-11:30am	Calligraphy for Mindfulness 9:30-11:30am	
	8 weeks Jan 10		6 weeks Jan 24		6 weeks Jan 5	10 weeks Jan 5	6 weeks Feb 23	4 weeks Feb 16	10 weeks Jan 6	10 weeks Jan 6	8 weeks Jan 6	10 weeks Jan 7	5 weeks Feb 11	
P.M.	(V)Co- Design 1:00-2:15pm	Support Group 1:30-3:00pm	(V)Supportive Communication 1:30-3:30pm	Field Trips: Living CHIME 1/month 1:00-4:00pm	Games Group 1:00-3:00pm	(V)Mindfulness & Meditation Practice 6:30-7:30pm	(V)Support Group 3:00-4:30pm		DBT In- Action 1:30-3:30pm	Workshop: Coping with Change 1:30-3:00pm	Workshop: St. Patrick's Day Paint Class 1:30-3:30pm	Recovery Journeys 1:30-3:30pm	(V)Workshop: Sleep Hygiene 2:30-3:30pm	(V)The Muse in Music 1:30-2:30pm
	8 weeks Jan 10	8 weeks Jan 10	6 weeks Feb 7	Feb 8 Mar 8	10 weeks Jan 5	10 weeks Jan 5	10 weeks Jan 19		7 weeks Jan 6	Jan 6 Feb 10 Mar 10	1:30-3:30pm Mar 17	6 weeks Jan 7	Jan 7 Feb 11 Mar 11	6 weeks Feb 11

Virtual classed are indicated in red with a (V) and are done over Zoom
All courses, dates, and times are subject to change. Participants will be notified of any changes.

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