

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 8 weeks Jan 10		Creative Writing 9:30-11:30am 6 weeks Jan 24		(V)Recovery Journeys 10:00-11:30am 6 weeks Jan 5	(V)Music Therapy 10:30am-12:00pm 10 weeks Jan 5	WRAP 9:30-11:30am 6 weeks Feb 23	Living Life to the Full 10:30am-2:30pm 4 weeks Feb 16	DBT Skills Group 9:30-11:30am 10 weeks Jan 6	Self-Discovery 9:30-11:30am 10 weeks Jan 6	(V)Art Therapy 10:00am-12:00pm 8 weeks Jan 6	(V)Assert Yourself 10:00-11:30am 10 weeks Jan 7	Calligraphy for Mindfulness 9:30-11:30am 5 weeks Feb 11	Working on You Workshop Series 10:00am-12:00pm 5 weeks Feb 25
	(V)Co-Design 1:00-2:15pm 8 weeks Jan 10	Support Group 1:30-3:00pm 8 weeks Jan 10	(V)Supportive Communication 1:30-3:30pm 6 weeks Feb 7	Field Trips: Living CHIME 1/month 1:00-4:00pm Feb 8 Mar 8	Games Group 1:00-3:00pm 10 weeks Jan 5	(V)Mindfulness & Meditation Practice 6:30-7:30pm 10 weeks Jan 5	(V)Support Group 3:00-4:30pm 10 weeks Jan 19		DBT In-Action 1:30-3:30pm 7 weeks Jan 6	Workshop: Coping with Change 1:30-3:00pm Jan 6 Feb 10 Mar 10	Workshop: St. Patrick's Day Paint Class 1:30-3:30pm Mar 17	Recovery Journeys 1:30-3:30pm 6 weeks Jan 7	(V)Workshop: Sleep Hygiene 2:30-3:30pm Jan 7 Feb 11 Mar 11	(V)The Muse in Music 1:30-2:30pm 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.