



***Registration is required for all course offerings at our website**

<https://recoverycollegecentralalberta.ca/events/>

*All Recovery College Central Alberta education courses are free and offered online through Zoom. Support groups and multi-session courses may be available in a blended format, with some people attending in our Learning Centre and others attending over Zoom. **If you want to attend in-person at our Learning Centre, you must call us at 403-967-0473.***

**Please note the facilitators will start the Zoom session for each class, 30 minutes before the scheduled start time. People are welcome to join the session anytime after this.*

Fall Single Session Courses

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| Join us every morning at 9am for a 30 min check in - Get your day off to a good start by doing a few small things together with like-minded people who could use a morning boost. | Offered Monday-Friday @ 9am-9:30am, excluding Statutory Holidays. |
| ABCs of Emotional Coping - Based on the emotional regulation work of Marcia Linehan, this one hour online interactive workshop is designed to help us plan for situations that can be difficult emotionally. | Generally offered the first Monday of the Month at 1 PM – 2 PM (Oct 4, Nov 1, Dec 6) & the third Friday of the month at 10 AM – 11 AM (Sept 17, Oct 15, Nov 19, Dec 17) |
| Eight Strategies To Help Manage Our Stress And Emotions - A one hour, one session interactive workshop with a focus on understanding and managing our emotions and stress. | Generally offered the first Monday of the Month at 10 AM to 11 AM (Oct 4, Nov 1, Dec 6) & the third Thursday of the month at 1 PM to 2-PM (Sept 16, Oct 21, Nov 18, Dec 16) |
| Self-Compassion - A one hour, one-session interactive workshop providing an overview of self-compassion, what it is and why it is important. | Generally offered the 3rd Monday of the month from 7- 8 PM (Sept 20, Oct 18, Nov 15, Dec 20) |
| Emotions can be Contagious (and Controlled) - This one hour workshop provides us with an opportunity to discuss why we are feeling particular emotions and how emotions can move from one person to another. We will also learn a CBT technique called STOPP to help us control our emotions. | Generally offered the 2nd Monday of the month from 1-2 PM (Sept 13, Nov 8, Dec 13) & the fourth Tuesday of the month from 10-11 AM (Sept 28, Oct 26, Nov 23) |
| Self Care for the Caregiver and Everyone- A one hour, one session interactive workshop with a focus on self-care during difficult times. It is especially helpful for | Generally offered the 3rd Monday of the month from 10-11AM (Sept 20, Oct 18, Nov 15) & the First Tuesday of the month from 1-2 PM (Sept 7, Oct 5, Nov 2, Dec 7) |

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| Practising Mindfulness in our Everyday Lives - A one hour, one session interactive workshop introducing mindfulness as an everyday tool. | Generally offered the 3rd Monday of the month from 1-2 PM (Sept 20, Oct 18, Nov 15) |
| Stress or Anxiety? Both? - This one hour, one session workshop will help you come to an understanding of the roles stress and anxiety may play in your life, especially now. You will also learn some techniques that can help you through both. | Generally offered the 4th Monday of the month from 1-2 PM (Sept 27, Oct 25, Nov 22) & the 2 nd Wednesday of the month from 10-11 AM (Sept 8, Oct 13, Nov 10, Dec 8) |
| Healthy Boundaries in a Risky World This one hour, one session discussion was designed to help people work through boundary issues within their family and friendship groups. | Generally offered the 4th Monday of the month from 7 – 8 PM (Sept 27, Oct 25, Nov 22) |

Fall 2021 Support Groups and Multi-session Courses

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| Caregiver Connections Support Group For family members and friends supporting individuals with mental health concerns. This group meets every Tuesday evening 5:30pm-7:30pm and is offered online and in person. | Offered every Tuesday evening @ 5:30-7:30pm |
| Friendship Circle Support Group Focused on developing relationships, learning together and having a good time together. This group meets every Wednesday afternoon 4:00-5:30pm, and is offered online and in-person. | Offered every Wednesday afternoon @ 3:00-4:30pm |
| Self Compassion Self-Compassion is about recognizing your own self-worth and developing unconditional love for self. This workshop is about you! We will challenge how we think about ourselves, we will practice replacing negative self-talk with positive self-talk and we will explore the various ways we can improve our self-compassion. This is a two hour class, offered once a week for four weeks. | Offered Thursday evenings @ 5:30 – 7:30pm from September 23 – October 14 |
| Building Better Boundaries Boundaries aren't just for maps! Building better boundaries involves learning how to set boundaries, talking to others about your boundaries, and showing others you respect their boundaries. This course will help you build better boundaries, so you can feel happier and healthier. | Offered Tuesday afternoon @ 2:30 – 4:30 pm from September 21 – October 12 |

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| <p>Conversations That Matter</p> <p>Sometimes it can be hard to get a conversation started, and even harder to keep the conversation going! Throughout this four-week online course you will learn communication tools to create meaningful relationships and friendships.</p> | <p>Offered Tuesday afternoon @ 2:30 – 4:30 pm from October 26 – November 16</p> |
| <p>Art of Friendship</p> <p>Strong friendships let us feel like we can be our true selves, when we have strong friendships, we feel respected and valued and we work hard to find ways to show our friends that we respect and value them. But strong friendships take work! This course will help you learn about yourself, the things you say, the way you act, and how all of this can affect your relationships with others. When we focus on these things, we will have more confidence in our relationships and will be more likely to achieve our friendship goals.</p> | <p>Offered Thursday evenings @ 5:30 – 7:30pm from October 28 – December 16</p> |
| <p>Living Life to the Full</p> <p>Living Life to the Full is an 8-week course designed to help people face and overcome the problems that are bothering them. This course is for people experiencing depression or anxiety, and also benefits anyone seeking to worry less and live a happier life, starting now.</p> | <p>Offered Friday afternoons @ 1:00 – 2:30 pm from October 15 – December 3</p> |



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