

RECOVERY COLLEGE WELLNESS CENTRE (RCWC)

Summer 2021 TIMETABLE

Courses begin July 5th, 2021

Time	MONDAY				TUESDAY		WEDNESDAY			THURSDAY			FRIDAY		
AM	Yoga	Budgeting Basics	Yoga in the Park	Lakeside Support Group	Art Therapy		* Recovery Journeys			Wellness 101	Understanding Common Mental Health	Co-Design	Lakeside Games Group		
	10 weeks Jul 5 9:30 - 10:30	4 weeks Jul 5/ Aug 9 10:00 - 11:30	5 weeks Jul 26 9:30 - 10:30	5 weeks Jul 26 10:30 - 12:00	8-10 weeks Jul 6 10:00 - 12:00		6 weeks Jul 7 10:00 - 11:30			1 week Jul 8 / Aug 5 / Sep 2 10:00 - 12:00	10 weeks Jul 29 9:30 - 11:30	10 weeks Jul 22 10:00 - 11:30	10 weeks Jul 9 10:30 - 12:00		
PM	Addictions Support Group	Life Lessons of an Ex-Severe Psychotic Depressive	Organizing Ourselves to Maximize Time	Conscious Communication	Men's Mental Health	Muse in Music	Tolerance for Uncertainty	Bibliotherapy	Living Life to the Full	*Recovery Journeys		Coping with Change		Art Therapy	Lakeside Jam
	9 weeks Jul 5 1:30 - 3:00	6 weeks Jul 5 1:30 - 3:00	5 weeks Aug 23 1:30 - 3:00	10 weeks Jul 12 1:30 - 3:30	5 weeks Jul 6 2:00 - 3:30	10 weeks Jul 6 2:30 - 3:30	5 weeks Jul 7 1:30 - 3:00	10 weeks Jul 7 2:00 - 3:00	8 weeks Aug 11 1:30 - 3:00	6 weeks Jul 8 1:30 - 3:00		1 week Jul 29 / Aug 26 1:30 - 3:00		12 weeks Jul 9 1:30 - 3:30	10 weeks Jul 16 1:30 - 3:30

- Classes in **red** are offered virtually on Zoom.
- Classes in **black** are offered in-person.
- The dates in every class are the start dates of the course. Courses with multiple start dates are offered multiple times in the semester.
- 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. Please choose either a class on Wednesday AM or Thursday PM.

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