



***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 or in-person. Please call 403-967-0473 to join in-person!

**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 any time after this.*

Single Session Courses On-Line Over Zoom

<p>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 online with like-minded people who could use a morning boost. We do some belly breathing, grounding, gratitude, social snacking and activity planning together on weekday mornings. Oh, we also have thought of the day! There is also a 30 minute weekly check in on Mondays that focuses on planning for the week.</p>	<p>Offered Monday-Friday @ 9am-9:30am, including Statutory Holidays.</p>
<p>ABCs of Emotional Coping - Based on the emotional regulation work of Marcia Linehan, this one hour on-line interactive workshop is designed to help us plan for situations that can be difficult emotionally. Skills to manage emotions develop over time and have to be exercised in order to stay strong and effective. Intense or unexpected emotions can feel overwhelming and difficult to manage, but utilizing the ABCs can help to curb the impact of even the most intense emotions.</p>	<p>Generally offered the first Tuesday of the Month at 10 am – 11 am (Feb 1, Mar 1) & the second Thursday of the month at 1 pm – 2 pm (Jan 13, Feb 10, Mar 10)</p>
<p>Eight Strategies To Help Manage Our Stress And Emotions - A one session online interactive workshop with a focus on understanding and managing our emotions and stress. Let's explore the difference awareness, acceptance, control, connection and four more strategies can make as we learn to live better lives, even in difficult times.</p>	<p>Generally offered the second Tuesday of the Month at 10 AM to 11 AM (Jan 11, Feb 8, Mar 8) & the first Wednesday of the month at 1 PM to 2-PM (Feb 2, Mar 2)</p>
<p>Self Compassion - A one hour, one-session interactive workshop providing an overview of self-compassion, what it is and why it is important.</p>	<p>Generally offered the Second Wednesday of the month from 10- 11 am (Jan 12, Feb 9, Mar 9) & the 4th Thursday of the month from 1-2 PM (Jan 27, Feb 24, Mar 24)</p>

<p>Emotions can be Contagious (and Controlled) - This one hour on- line 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. You will learn to Stop, Take a breath, Observe, Proceed and Plan an action. It's a mindfulness technique that really works.</p>	<p>Generally offered the 3rd Tuesday of the month from 1-2 PM (Jan 18, Feb 15, Mar 15) & the fourth Wednesday of the month from 10-11 AM (Jan 26, Feb 23, Mar 23)</p>
<p>Self Care Stress and Planning- This 1.5 hour on-line interactive workshop focuses on self-care during difficult times and when experiencing stress. You will learn some excellent strategies and learn to use tools that can help you plan for wellness, carry you through difficult times, and move into the future you want and deserve.</p>	<p>Generally offered the 1st Wednesday of the month from 10-11:30AM (Feb 2, Mar 2) & the Third Thursday of the month from 1-2:30 PM (Jan 20, Feb 17, Mar 17)</p>
<p>Practising Mindfulness in our Everyday Lives - A one-session online interactive workshop introducing mindfulness as an everyday tool. Wiki tells us that mindfulness is the practice of purposely bringing one's attention to experiences occurring in the present moment without judgment, which one develops through the practice of meditation and other training. And although people develop mindfulness over time, this one hour workshop is a great way to learn some truly helpful basics.</p>	<p>Generally offered the 3rd Tuesday of the month from 10 -11 AM (Jan 18, Feb 15, Mar 15) & the fourth Wednesday of the month from 1-2 PM (Jan 26, Feb 23, Mar 23)</p>
<p>Self-help for Social Anxiety - 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. This class will help you develop a better understanding of social anxiety and how to minimize its role in your everyday life.</p>	<p>Generally offered the First Thursday of the Month at 10 AM to 11 AM (Feb 3, Mar 3) & the third Wednesday of the month at 1 PM to 2-PM (Jan 19, Feb 16, Mar 16)</p>
<p>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.</p>	<p>Generally offered the Second Wednesday of the month from 1pm – 2pm (Jan 12, Feb 9, Mar 9) & the third Thursday of the month at 10 am to 11 am (Jan 20, Feb 17, Mar 17)</p>
<p>Bullying in Group Housing This interactive one hour workshop was designed primarily for older people living in senior housing or other group settings. The goal of the class is to help people recognize bullying and learn how to eliminate or minimize it when it does occur. Bullying can happen at any age, so people who are NOT seniors but who live in group settings may also benefit from taking this class.</p>	<p>Generally offered the 3rd Monday of the month from 1 – 2 PM (Jan 17, Feb 21, Mar 21)</p>

<p>Parenting in the Time of Covid There is no doubt that the COVID-19 pandemic is a difficult time for parents of school age children both to navigate at work and at home. During this 1.5 hour session, a family peer will provide people with the chance to talk about their experiences during the pandemic, to learn about anxiety and what to do about it. There will be time to problem solve and to practice some grounding exercises during the session that you can utilize when needed.</p>	<p>Generally offered the 4th Monday of the month from 7 – 8 PM (Jan 24, Feb 28, Mar 28)</p>
<p>Understanding our Emotions In this one hour interactive workshop you will learn to identify where in your body and how you feel your emotions and stress. You will also develop emotional literacy so that you can recognize how you feel, understand the feelings, label them and express them. We will also talk about how to decide to seek help and where you might get help in Central Alberta.</p>	<p>Generally offered the Second Tuesday of the Month at 1pm to 2pm (Jan 11, Feb 8, Mar 8) & the fourth Thursday of the month at 10 am to 11 am (Jan 27, Feb 24, Mar 24)</p>
<p>Gratitude Gratitude is one of the easiest ways to improve our mental health. In this one hour workshop we will identify what gratitude is, how it works, and how it contributes to our over all wellbeing. We will also learn how to get the most out of your practice, and even take some time to be grateful together.</p>	<p>Generally offered the Third Wednesday of the Month at 10 AM to 11 AM (Jan 19, Feb 16, Mar 16) & the fourth Tuesday of the month at 1 PM to 2-PM (Jan 25, Feb 22, Mar 22)</p>

**Support Groups and Multi-session Courses
Offered Both On-Line and In Person
Call us at 403-967-0473 to arrange for in-person attendance**

<p>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. In 2022, we hope to alternate material from the Finding your balance course with chat and support sessions.</p>	<p>Offered every Tuesday evening @ 5:30-7:30pm</p>
<p>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.</p>	<p>Offered every Wednesday afternoon @ 3:00-4:30pm</p>

<p>Self-Compassion</p> <p>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. Practicing compassion helps us to connect with others, manage our emotions, and give us a sense of belonging. Throughout this course you will learn how to focus your energy on becoming a part of a community where your efforts are appreciated and valued! This is a two hour class, offered once a week for four weeks.</p>	<p>4 weeks - Offered Tuesday afternoons @ 2:30 – 4:30pm from January 11 – February 1</p>
<p>Building Better Boundaries</p> <p>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.</p>	<p>4 weeks - Offered Thursday Evenings @ 5:30 – 7:30 pm from January 13 – February 3</p>
<p>Conversations That Matter</p> <p>Do you find it hard to start a conversation? Or once it's started, flounder to keep it going? Are you uncomfortable with difficult conversations? This course will help you strengthen your conversation skills and explore ways to constructively handle conflict. It is hard to get a conversation started, and even harder to keep the conversation going! Throughout this course you will learn about communication tools which help create meaningful relationships and friendships.</p>	<p>4 weeks - Offered Tuesday afternoons @ 2:30 – 4:30 pm from February 15 – March 8</p>
<p>Art of Friendship</p> <p>Strong friendships give us the power to 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. Strong friendships take work! This course will help you learn about yourself, what you say, the way you act, and how all of your actions can affect relationships with others. Focusing on these aspects, helps us gain confidence in our relationships and we will be more likely to achieve our friendship goals.</p>	<p>8 weeks - Offered Thursday evenings @ 5:30 – 7:30pm from February 17 – April 7</p>
<p>Confront the Discomfort</p> <p>Whether we like it or not, anxiety is a normal part of life. Anxiety can also get in the way of us enjoying life. In this course you will learn how to value, recognize, and react to important anxiety warning signs, and confront the discomfort in a positive and healthy way. We will delve deeper into how to identify and manage anxiety.</p>	<p>3 weeks - Offered Wednesday evenings @ 5:30 – 7:30 from January 12 – January 26</p>

Each week, we will explore a new skill, approach or tool to help us better understand and cope with anxiety.	
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