



**Upcoming Courses: register online at [www.recoverycollegecentralalberta.ca](http://www.recoverycollegecentralalberta.ca) or call us at 403-342-2266 to register over the phone.**

Course	Dates	Day of week	Time
<b>Art of Friendship: 8 weeks</b>	Feb 5-March 25	Wed	2:00-4:00
<b>Art of Friendship: 8 weeks</b>	Oct 2- Nov 20	Wed	5:30-7:30
<b>Wellness Recovery Action Planning: 8 weeks</b>	Oct 10-Dec 5 <b>No Class Oct 24</b>	Thurs.	1:30-4:00
<b>Wellness Recovery Action Planning: 8 weeks</b>	Sept 18-Nov 6	Wed	5:30-8:00
<b>Living Life to the Full: 8 weeks</b>	March 4-April 22	Wed	1:00-2:30
<b>Living Life to the Full: 8 weeks</b>	Oct 10-Nov 29	Thurs	5:30-7:00
<b>Building Better Boundaries: 4 weeks</b>	Feb 4-25	Tuesday	1:30-4:30
<b>Building Better Boundaries: 4 weeks</b>	Sept 16-Oct 7	Mon	5:30-8:30
<b>Confront the Discomfort: 3 weeks</b>	Oct 15-Oct 29	Tuesday	5:30-7:30
<b>Conversations that Matter: 4 weeks</b>	March 5-March 26	Thursday	1:30-3:30
<b>Building Better Boundaries: 4 weeks</b>	Oct 3-24	Thursday	5:30-7:30
<b>Road to Recovery: 4 weeks</b>	Oct 15-Nov 5	Tuesday	1:30-3:30
<b>Road to Recovery: 4 weeks</b>	Nov 13-Dec 4	Wednesday	5:30-7:30

Not yet scheduled, but coming up: Adulting 101, Living Life to the Full for Youth, Finding Your Balance. Bite Sized Finding Your Balance