

Upcoming Courses: register online at www.recoverycollegecentralalberta.ca or call us at 403-342-2266 to register over the phone.

On April 1, 2020 our Learning Annex is moving to #303-4805 48 Street

Course	Dates	Day of week	Time
Living Life to the Full : 8 Weeks	March 4- April 22	Wednesday	1:00-2:30 PM
Conversations that Matter: 4 Weeks	March 5-March 26	Thursday	1:30-3:30 PM
Wellness Recovery Action Planning: 8 Weeks	April 2-May 21	Thursday	5:30-8:00 PM
Confront the Discomfort: 3 Weeks	April 14-28	Tuesday	5:30-7:30 PM
Finding Your Balance: 8 Weeks	April 16-June 4	Thursday	1:30-3:30 PM
Road to Recovery: 4 Weeks	May 5-26	Tuesday	1:30-3:30 PM
Living Life to the Full: 8 Weeks	May 5-June 23	Tuesday	5:30-7:00 PM
Art of Friendship: 8 Weeks	May 6- June 24	Wednesday	5:30-7:30 PM
Building Better Boundaries: 5 Weeks	May 7- June 4	Thursday	5:30- 8:00 PM
Conversations that Matter: 4 Weeks	June 3-24	Wednesday	1:30-3:30 PM

Recovery is a journey not a destination.

Our CMHA Support Groups

Caregiver Connections: Tuesday evenings 5:30-7:30 PM

Friendship Circle: Wednesday afternoons 3:00-4:30 PM

More information: <http://reddeer.cmha.ca/support>

Recovery College Courses

- **Art of Friendship:** Strong friendships give us the power to be our true selves; when we have strong friendships, we feel respected, 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.
- **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 theirs. This course will help you build better boundaries, so you can feel happier and healthier.
- **Confront the Discomfort:** 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.
- **Conversations that Matter:** Sometimes 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.
- **Road to Recovery:** The road to recovery is not an easy path. It is a journey of reinventing how you think about yourself, your mental health or substance use, and your recovery can be a challenging one! Throughout this course you will explore how to think and act in ways that move you towards a more meaningful life.
- **Living Life to the Full:** 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.
- **Wellness Recovery Action Planning:** Thousands of people, world-wide, have successfully used what they learned during an 8 week WRAP course to live happier and more satisfying lives while improving connections to their families, their friends, and their community. And although it was initially designed for people with mental health concerns research has shown that WRAP is also effective for just about anyone who struggles with the day-to-day management of their lives at work, at school, or at home.
- **Finding Your Balance:** Often times caregivers put their own needs last. In this course you will learn to take care of yourself by finding your own balance, creating a network of support, learning personal coping strategies, and gaining useful tools to support yourself with hope and acceptance. This course is open to all who are looking for support: siblings, children, parents (of a youth or adult child), friends, partners, grandparents or aunts and uncles.
- **Adulting 101:** Some of us have not been taught how to deal with adult related topics such as finances, healthcare, dating, and relationships – to mention just a few! Join this course and learn about how to handle the world of adulthood! This course is recommended for individuals between 16 to 24 years old.
- **Living Life to the Full Youth:** an eight week course that teaches skills for youth. We look at and explore worry, low mood, isolation, healthy thinking, problem-solving, confidence and anger management. This course has been shown to improve mood, well-being and reduce stress and anxiety.