



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

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

All Recovery College Central Alberta education courses are free and almost all of our one session courses are offered on Zoom. Some may be offered in our office simultaneously. We call this delivery our “blended” model. Attendance in our classroom is limited to 8 individuals who have registered, though the Recovery College, to attend in the in-person version of the course.

In these confusing times, it is quite possible that we may have to step back and stop offering in person attendance at our Learning Centre. A decision like this will be made based on recommendations of Alberta Health Services, the City of Red Deer, and the Government of Alberta. Should this happen, the classes will continue through Zoom.

October Multi Session Courses

<p>Caregiver Connections Support Group: For family members and friends supporting individuals with mental health concerns. This groups meets every Tuesday evening 5:30pm-7:30pm, and is offered as a blended group (both online and in-person). Only 8 individuals can attend in person at the Learning Centre, attendance through Zoom is unlimited.</p>	<p>Offered every Tuesday evening in a blended session @ 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 as a blended group (both online and in-person). Only 8 individuals can attend in person at the Learning Centre, attendance through Zoom is unlimited.</p>	<p>Offered every Wednesday afternoon in a blended session @ 4:00-5:30pm</p>
<p>Virtual Café: In Community- Join our Peer Supporters in the in community version of our weekly discussion group as another way to socially connect with others during this time. Registration is required, please. Locations may change!</p>	<p>Offered every Friday afternoon @ 2pm.</p>
<p>Road to Recovery (4 weeks): The road to recovery is not always an easy one. The 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 beyond mental health and substance use.</p>	<p>Starting October 20th, offered every Tuesday afternoon @ 2pm</p>

Confront the Discomfort (3 weeks): Whether we like it or not, anxiety is a normal part of life. But 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.

Starting October 21st, offered every Wednesday evening @ 5:30pm



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