



***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 Single Session Courses

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 with like-minded people who could use a morning boost.	Offered Monday-Friday at 9am, excluding Statutory Holidays.
Practising Mindfulness in our Everyday Lives- A one hour, one session interactive workshop introducing mindfulness as an everyday tool.	October 6th/ 2020 @ 10am
Self Care for the Caregiver and Everyone- A one hour, one -session interactive workshop with a focus on self-care during difficult times. It is especially helpful for caregivers.	October 8th/2020 @ 2pm
Eight Strategies To Help Manage Our Stress And Emotions- A one hour, one session interactive workshop with a focus on understanding and managing our emotions and stress.	October 13th/ 2020 @ 10am
Stress or Anxiety? Both?- 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.	October 14th /2020 @ 2pm
Wellness Tools for the New Normal – A one hour, one-session interactive workshop providing an overview and some practice with wellness tools we all can use.	October 14th & 20th/ 2020 @ 10am

<p>ABCs of Emotional Coping- Based on the emotional regulation work of Marcia Linehan, this one hour online interactive workshop is designed to help us plan for situations that can be difficult emotionally.</p>	<p>October 22nd/ 2020 @ 2pm</p>
<p>Emotions can be Contagious (and Controlled)- This one hour 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.</p>	<p>October 28th/ 2020 @ 2pm</p>



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