



***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.

In these confusing times, we recently had to step back and stop offering in person attendance at our Learning Centre. A decision like this was made based on recommendations of Alberta Health Services, the City of Red Deer, and the Government of Alberta.

December 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 online.</p>	<p>Offered every Tuesday evening @ 5:30-7:30pm</p> <p><i>*No classes December 22nd or 29th for the holiday break</i></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.</p>	<p>Offered every Wednesday afternoon @ 4:00-5:30pm</p> <p><i>*No classes December 23rd or 30th for the holiday break</i></p>



CMHA Learning Centre
 Mid City Plaza
 #303 4805 48th Street
 Red Deer, Alberta
 403-342-2266

RecoveryCollege@reddeer.cmha.ab.ca