



***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 Single Session Courses

<p>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.</p>	<p>Offered Monday-Friday at 9am, excluding Statutory Holidays. <i>*No classes December 19th-31st for the holiday break</i></p>
<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>December 1st/ 2020 @ 10am</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>December 2nd/ 2020 @ 2pm</p>
<p>Healthy Boundaries in a Risky World This one hour, one session discussion was designed to help people work through boundary issues within their family and friendship groups.</p>	<p>December 3rd/2020 @ 10am</p>
<p>Practising Mindfulness in our Everyday Lives- A one hour, one session interactive workshop introducing mindfulness as an everyday tool.</p>	<p>December 9th/ 2020 @ 2pm</p>
<p>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.</p>	<p>December 10th/2020 @ 10am</p>

<p>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.</p>	<p>December 15th/2020 @ 10am</p>
<p>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.</p>	<p>December 17th/ 2020 @ 10am</p>



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