



**\*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.*

### **November Multi Session Courses**

<p><b>Caregiver Connections Support Group:</b> 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><b>Offered every Tuesday evening @ 5:30-7:30pm</b></p>
<p><b>Friendship Circle Support Group-</b> 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><b>Offered every Wednesday afternoon @ 4:00-5:30pm</b></p>
<p><b>Empowering Helpers (5 weeks)</b>          Participants will learn to define your role as a caregiver in the family unit; demonstrate healthy boundaries for yourself; Identify self-care practices suitable for your needs; Identify community resources for yourself and your loved one(s); take responsibility for your emotions and behaviours; and set goals and actions for the future.</p>	<p><b>Offered every Tuesday @ 2pm-4pm for the following dates:</b>  <b>November 17<sup>th</sup></b>  <b>November 24<sup>th</sup></b>  <b>December 1<sup>st</sup></b>  <b>December 8<sup>th</sup></b>  <b>December 15<sup>th</sup></b></p>
<p><b>Building Better Boundaries (4 weeks)</b>          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 their boundaries. This course will help you to build better boundaries, so you can feel happier and healthier.</p>	<p><b>Offered every Wednesday @ 5:30pm-7:30pm for the following dates:</b>  <b>November 18<sup>th</sup></b>  <b>November 25<sup>th</sup></b>  <b>December 2<sup>nd</sup></b>  <b>December 9<sup>th</sup></b></p>
<p><b>Conversations that Matter (4 weeks)</b>          Sometimes it can be hard to get a conversation started and even harder to keep the conversation going! Throughout this four week online course you will learn communication tools to create meaningful relationships and friendships.</p>	<p><b>Offered every Thursday @ 2pm-4pm for the following dates:</b>  <b>November 26<sup>th</sup></b>  <b>December 3<sup>rd</sup></b>  <b>December 10<sup>th</sup></b>  <b>December 17<sup>th</sup></b></p>



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