



***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.

**Please note the facilitators will start the Zoom session for each class, 30 minutes before the scheduled start time. People are welcome to join the session anytime after this.*

February 2021 Multi Session Courses

<p>Caregiver Connections Support Group For family members and friends supporting individuals with mental health concerns. This group meets every Tuesday evening 5:30pm-7:30pm and is offered online.</p>	<p>Offered every Tuesday evening @ 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 online.</p>	<p>Offered every Wednesday afternoon @ 3:00-4:30pm</p>
<p>Art of Friendship (8 weeks) Strong friendships let us feel like we can be our true selves, when we have strong friendships, we feel respected and valued and we work hard to find ways to show our friends that we respect and value them. But strong friendships take work! This online course will help you learn about yourself, the things you say, the way you act and how all of this can affect your relationship with others. When we focus on these things, we will have more confidence in our relationships and will be more likely to achieve our friendship goals.</p>	<p>Offered every Tuesday @ 2:30pm-4:30pm for the following dates:</p> <ul style="list-style-type: none"> • February 9th • February 16th • February 23rd • March 2nd • March 9th • March 16th • March 23rd • March 30th

Living Life to the Full for Younger People (8 weeks)

This version of this amazing and effective program is designed for people between 18-35. It is a fun and engaging course that provides people from all walks of life with effective tools to maximize their ability to manage life's challenges. Each session focuses on a different topic with online booklets that support the lessons you learn. Course contents and materials are practical and easily applied to everyday life situations. Each session focuses on a new topic to provide participants with the knowledge and skills needed to cope with daily challenges.

**Offered every Thursday @ 5:30pm-7:00pm
for the following dates:**

- **February 11th**
- **February 18th**
- **February 25th**
- **March 4th**
- **March 11th**
- **March 18th**
- **March 25th**
- **April 1st**



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