



***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 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 @ 9am-9:30am, excluding Statutory Holidays.
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.	February 1st 2021 @ 10am-11am & February 16th / 2021 @ 1pm-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.	February 1st / 2021 @ 1pm-2pm & February 17th / 2021 @ 10am-11am
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.	February 4th / 2021 @ 10am-11am & February 18th / 2021 @ 1pm-2pm
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.	February 8th / 2021 @ 10am-11am & February 23rd / 2021 @ 1pm-2pm
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	February 9th / 2021 @ 10am-11am & February 22nd / 2021 @ 1pm-2pm

caregivers.	
Practising Mindfulness in our Everyday Lives - A one hour, one session interactive workshop introducing mindfulness as an everyday tool.	February 10th / 2021 @ 1pm-2pm & February 22nd / 2021 @ 10am-11am
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.	February 11th / 2021 @ 1pm-2pm & February 24th / 2021 @ 10am-11am
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.	February 16th / 2021 @ 10am-11am & February 25th / 2021 @ 1pm-2pm



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