



***Registration is required for all course offerings at our website**

<https://recoverycollegecentralalberta.ca/events/>

403-342-2266

RecoveryCollege@reddeer.cmha.ab.ca

All Recovery College Central Alberta education courses are free and offered online through Zoom. Beginning in April 2021, we are now offering a limited number of in-person spaces at our Learning Centre, 4805 48 Street, in downtown Red Deer. Please call us at 403-342-2266 if you would like to reserve one of the in-person spaces for our support groups or multi session courses. 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.

April May June 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 and in person.</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 and in-person.</p>	<p>Offered every Wednesday afternoon @ 3:00-4:30pm</p>
<p>Conversations That Matter 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. You are registering for the online and in-person version here.</p>	<p>Tuesday Afternoons, 4 sessions, May 4 through May 25, from 2:30-4:30 PM</p>
<p>Road to Recovery The Road to Recovery consists of a series of topics that strengthen your recovery journey such as resilience, the dignity of risk, hope and gratitude amongst others. The course also explores barriers to recovery such as perfectionism, fear and negative thoughts. Throughout the course meditations, grounding exercises and cognitive tools are introduced and practiced. You are registering for the classroom version. There may be people taking the same class at the same time on-line. We call that blended education</p>	<p>Four Monday evenings, April 27 through May 18, 5:30-7:30 PM</p>

Art of Friendship

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 course will help you learn about yourself, the things you say, the way you act, and how all of this can affect your relationships 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

**Eight Wednesday evenings, 5:30-7:30 PM,
May 12 through June 30**