



**\*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. Beginning in April support groups and multi-session courses will once again be available in a blended format, with some people attending in our Learning Centre and others attending over Zoom.*

*\*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 Single Session Courses**

<p>Join us every morning at <b>9am</b> for a <b>30 min check in-</b> 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 @ 9am-9:30am, excluding Statutory Holidays.</p>
<p><b>ABCs of Emotional Coping</b> - 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>Generally offered the first Monday of the Month at 1 PM – 2 PM (April 6, May 3, June 7) &amp; the third Friday of the month at 10 AM – 11 AM (April 16, May 21, June 18)</p>
<p><b>Eight Strategies To Help Manage Our Stress And Emotions</b> - A one hour, one session interactive workshop with a focus on understanding and managing our emotions and stress.</p>	<p>Generally offered the first Monday of the Month at 10 AM to 11 AM (April 6, May 3, June 7) &amp; the third Thursday of the month at 1 PM to 2-PM (April 15, May 20, June 17)</p>
<p><b>Wellness Tools for the New Normal</b> - A one hour, one-session interactive workshop providing an overview and some practice with wellness tools we all can use.</p>	<p>Generally offered the 2nd Monday of the month from 10-11AM (April 12, May 10, June 14) &amp; the fourth Thursday of the month from 1-2 PM (April 22, May 27, June 24)</p>
<p><b>Emotions can be Contagious (and Controlled)</b> - 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>Generally offered the 2nd Monday of the month from 1-2 PM (April 12, May 10, June 14) &amp; the fourth Tuesday of the month from 10-11 AM (April 27, May 25, June 22)</p>
<p><b>Self Care for the Caregiver and Everyone-</b> A one hour, one session interactive workshop with a focus on self-care during difficult times. It is especially helpful for</p>	<p>Generally offered the 3rd Monday of the month from 10-11AM (April 19, May 17, June 21) &amp; the First Tuesday of the month from 1-2 PM (April 6, May 4, June 1)</p>

caregivers.	
<b>Practising Mindfulness in our Everyday Lives - A</b> one hour, one session interactive workshop introducing mindfulness as an everyday tool.	Generally offered the 3rd Monday of the month from 1-2 PM (April 19, May 24, June 21) & the 4th Tuesday of the month from 10-11 AM (April 27, May 25, June 22)
<b>Stress or Anxiety? Both?-</b> 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.	Generally offered the 4th Monday of the month from 1-2 PM (April 26, May 17, June 28) & the 2 <sup>nd</sup> Wednesday of the month from 10-11 AM (April 14, May 12, June 9)
<b>Healthy Boundaries in a Risky World</b> This one hour, one session discussion was designed to help people work through boundary issues within their family and friendship groups.	Generally offered the 4th Monday of the month from 10-11 (April 26, May 17, June 28) & the 2 <sup>nd</sup> Wednesday of the month from 1-2 PM (April 14, May 12, June 9)



CMHA Learning Centre  
Mid City Plaza  
#303 4805 48<sup>th</sup> Street  
Red Deer, Alberta  
403-342-2266  
RecoveryCollege@reddeer.cmha.ab.ca