

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
	<div><div> Recovery From Trauma (10–11:30 am)  1</div></div>	<div><div> Mindful Art (11 am–12 pm)  2</div><div> Voices & Visions Support Group (1:30–2:30 pm)  5</div><div> Mindfulness Meditation & Movement (2–3 pm)  6</div></div>	<div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  8</div><div> Pet Therapy (2:30–3 pm)  2</div><div> SMART Recovery: Self Management for Addiction Recovery (5–6 pm)</div></div>	<div><div> Guided Meditation with Erin (2–3 pm)</div><div> Men Let's Talk (6–7 pm)</div></div>	<div><div> Art Therapy for Wellness (11 am–1 pm)</div><div> Coping with Uncertainty (1–3 pm)</div><div> Voices & Visions Support Group (2:30–3:30 pm)</div><div> Circle of Hope: Farsi Speaking Women's Group (3–5 pm)  2</div></div>	6						
7	<div><div> Recovery From Trauma (10–11:30 am)  1</div><div> Knitting (1:30–3 pm)  2</div><div> Voices & Visions Support Group (2–3 pm)  4</div><div> Book Club (3–4 pm)  2</div><div>January's book: <i>The Curious Charms of Arthur Pepper</i> by Phaedra Patrick</div></div>	8	<div><div> Mindful Art (11 am–12 pm)  2</div><div> Chronic Pain Support Group (1:30–2:45 pm)</div><div> Mindfulness Meditation & Movement (2–3 pm)  6</div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  7</div></div>	9	<div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  8</div><div> Pet Therapy (2:30–3 pm)  2</div><div> SMART Recovery: Self Management for Addiction Recovery (5–6 pm)</div></div>	10	<div><div> Guided Meditation with Erin (2–3 pm)</div><div> Bipolar Community Support Group (4–6 pm)  2</div><div> Men Let's Talk (6–7 pm)</div></div>	11	<div><div> Art Therapy for Wellness (11 am–1 pm)</div><div> Coping with Uncertainty (1–3 pm)</div><div> Circle of Hope: Farsi Speaking Women's Group (3–5 pm)  2</div></div>	12	<div><div> Voices & Visions Support Group (2:30–3:30 pm)</div></div>	13
14	<div><div> Recovery From Trauma (10–11:30 am)  1</div><div> Knitting (1:30–3 pm)  2</div><div> Talking With Your Doctor (1–2:30 pm)  3</div></div>	15	<div><div> Mindful Art (11 am–12 pm)  2</div><div> Chronic Pain Support Group (1:30–2:45 pm)</div><div> Voices & Visions Support Group (1:30–2:30 pm)  5</div><div> Mindfulness Meditation & Movement (2–3 pm)  6</div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  7</div></div>	16	<div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  8</div><div> Pet Therapy (2:30–3 pm)  2</div><div> SMART Recovery: Self Management for Addiction Recovery (5–6 pm)</div></div>	17	<div><div> Guided Meditation with Erin (2–3 pm)</div><div> Bipolar Community Support Group (4–6 pm)  2</div><div> Men Let's Talk (6–7 pm)</div></div>	18	<div><div> Art Therapy for Wellness (11 am–1 pm)</div><div> Coping with Uncertainty (1–3 pm)</div><div> Voices & Visions Support Group (2:30–3:30 pm)  9</div><div> Circle of Hope: Farsi Speaking Women's Group (3–5 pm)  2</div></div>	19	<div><div> Talking With Your Doctor (1–2:30 pm)</div></div>	20
21	<div><div> Recovery From Trauma (10–11:30 am)  1</div><div> Knitting (1:30–3 pm)  2</div></div>	22	<div><div> Mindful Art (11 am–12 pm)  2</div><div> Chronic Pain Support Group (1:30–2:45 pm)</div><div> Mindfulness Meditation & Movement (2–3 pm)  6</div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  7</div></div>	23	<div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  8</div><div> Pet Therapy (2:30–3 pm)  2</div><div> SMART Recovery: Self Management for Addiction Recovery (5–6 pm)</div></div>	24	<div><div> Guided Meditation with Erin (2–3 pm)</div><div> Bipolar Community Support Group (4–6 pm)  2</div><div> Men Let's Talk (6–7 pm)</div></div>	25	<div><div> Art Therapy for Wellness (11 am–1 pm)</div><div> Coping with Uncertainty (1–3 pm)</div><div> Circle of Hope: Farsi Speaking Women's Group (3–5 pm)  2</div></div>	26	<div><div> Voices & Visions Support Group (2:30–3:30 pm)</div></div>	27
28	<div><div> Recovery From Trauma (10–11:30 am)  1</div><div> Knitting (1:30–3 pm)  2</div></div>	29	<div><div> Mindful Art (11 am–12 pm)  2</div><div> Chronic Pain Support Group (1:30–2:45 pm)</div><div> Mindfulness Meditation & Movement (2–3 pm)  6</div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  7</div></div>	30	<div><div> Plan for Wellness & Recovery (PWR) (2–4 pm)  8</div><div> Pet Therapy (2:30–3 pm)  2</div><div> SMART Recovery: Self Management for Addiction Recovery (5–6 pm)</div></div>	31	<div>Locations of in-person groups/courses:</div> <div><div><div> 1 HOpe Centre, Telfer Burke Room</div><div> 2 Kely Dennehy Mental Health Resource Centre</div><div> 3 HOpe Centre, Room 4</div></div><div><div> 4 VCH South Mental Health and Substance Use Team</div><div> 5 VCH Raven Song Community Health Centre</div><div> 6 Sacred Space at the HOpe Centre</div></div><div><div> 7 THRIVE Program at Open Door Group</div><div> 8 Room B – 520 West 6th Ave (Vancouver)</div><div> 9 VCH Three Bridges Community Mental Health Centre</div></div></div>					

To register: recoverycollegeyvr.ca/courses. If you need help to register: 778-836-9243 or info@recoverycollegeyvr.ca.

 = online  = in person

MONDAY

Recovery from Trauma | In-Person

10:00–11:30 am
Telfer Burke Room at The HOpe Centre

Knitting | In-Person

1:30–3:00 pm, starts January 8
Kelty Dennehy Mental Health Resource Centre


Book Club | In-Person

January 8, 3:00–4:00 pm
Kelty Dennehy Mental Health Resource Centre
January's book: *The Curious Charms of Arthur Pepper* by Phaedra Patrick

Talking With Your Doctor | In-Person

January 15, 1:00–2:30 pm
HOpe Centre, Room 4

Voices & Visions Support Group

In-Person 
January 8, 2:00–3:00 pm
VCH South Mental Health and Substance Use Team

TUESDAY


Mindful Art | In-Person

11:00 am–12:00 pm
Kelty Dennehy Mental Health Resource Centre


Chronic Pain Support Group | Online

1:30–2:45 pm, starts January 9


Voices & Visions Support Group

In-Person 
January 2 and 16, 1:30–2:30 pm
VCH Raven Song Community Health Centre

Mindfulness Meditation & Movement


In-Person 
2:00–3:00 pm
Sacred Space at the HOpe Centre

Plan for Wellness & Recovery (PWR)

In-Person 
January 9–February 6, 2:00–4:00 pm
THRIVE Program at Open Door Group

WEDNESDAY

Plan for Wellness & Recovery (PWR)

In-Person 
January 3–31, 2:00–4:00 pm
Room B – 520 West 6th Ave (Vancouver)

Pet Therapy | In-Person

2:30–3:00 pm
Kelty Dennehy Mental Health Resource Centre

SMART Recovery: Self Management for Addiction Recovery | Online


5:00–6:00 pm

THURSDAY

Guided Meditation with Erin | Online

2:00–3:00 pm

Bipolar Community Support Group

In-Person 
4:00–6:00 pm, starts January 11
Kelty Dennehy Mental Health Resource Centre

Men Let's Talk | Online

6:00–7:00 pm

FRIDAY

Art Therapy for Wellness | Online

11:00 am–1:00 pm


Coping with Uncertainty | Online

January 5–26, 1:00–3:00 pm

Voices & Visions Support Group | Online

January 5, 2:30–3:30 pm

Voices & Visions Support Group

In-Person 
January 19, 2:30–3:30 pm
VCH Three Bridges Community Mental Health Centre

Circle of Hope: Farsi Speaking Women's Group | In-Person

3:00–5:00 pm
Kelty Dennehy Mental Health Resource Centre

SATURDAY

Talking With Your Doctor | Online

January 20, 1:00–2:30 pm

Voices & Visions Support Group | Online

January 13 and 27, 2:30–3:30 pm