

Recovery College



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

Starting in January:

Self-Soothing Through Crafts (Mindfulness Practice) (In-person learning only)

DBT Peer Reflection (Virtual and in-person learning)

Worry and Stress, Unhelpful Thinking and Anxiety (Virtual and in-person learning)

Learning To Love Yourself (Virtual and in-person learning)

Conflict Resolution & Problem-Solving (Virtual and in-person learning)

WRAP (Wellness Recovery Action Plan) (In-person learning only)

Afternoon Chat (Virtual only)

Starting in February:

Quitting Smoking-Resources and Planning (In-person learning only)

Home Is The Heart-Availability and Access in Grey Bruce (Virtual and in-person learning)

Harm Reduction-Substance Use, Self-Harm, and Naloxone Training (Virtual and in-person learning)

Sleep 101 (Virtual and in-person learning)

Starting in March:

Overcoming Stigma (Virtual and in-person learning)

Perfectionism (Virtual and in-person learning)

Distress Tolerance and You (Virtual and in-person learning)