## **Recovery College**



Canadian Mental Health Association Grey Bruce Mental Health and Addiction Services



Funding for this project is provided in part by Community Foundation Grey Bruce

## September 2024

Sunday	Monday		Wednesday	Thursday	Friday	Saturday
1	2	3	4	5		7
	CLOSED-HOLIDAY	WRAP (CONCLUDING)		LOVE YOURSELF (CONCLUDING)		
8	9	10	11	12	13	14
		WRAP (CONCLUDING)	AFTERNOON CHAT		EXIT CELEBRATION JUL-AUG SEMESTER	
15	16	17	18	19	20	21
		GROUNDING THROUGH ART  WRAP (CONCLUDING)				
22	23	24	25	26	27	28
			WOMEN'S GROUP			
			AFTERNOON CHAT			
29	30					

AM CLASS – 10:00 AM – 12:00 PM PM CLASS – 1:30 PM – 3:30 PM UNLESS OTHERWISE NOTED **To Register, Call 519-371-3642 x1229**