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

November 2024

Sunday	Monday		Wednesday	Thursday	Friday	Saturday
					1	2
			0	77		
3	4	5	6	7	8	9
		LIVING LIFE/FULLEST	NOTE: NO CHAT TODAY	WRAP		
10	11	12	13	14	15	16
		LIVING LIFE/FULLEST		WRAP		
17	18	19	20	21	22	23
		GROUNDING THROUGH ART	WOMEN'S GROUP			
		LIVING LIFE/FULLEST	AFTERNOON CHAT	WRAP		
24	25	26	27	28	29	30
		LIVING LIFE/FULLEST		WRAP		

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**