

Thrive Learning Centre – Portage la Prairie Campus - Course Schedule

Fall/Winter 2021/2022 Semester – September to January

Recovery College

Course	Session	Date(s)	Time	Facilitator(s)
Taming Anger	1	September 7, 9, 14, 16, 21,23	10:30am-12pm	Brad Burnell
	2	Nov 30 & Dec 2, 7, 9, 14, 16	1:30pm-3pm	Brad Burnell
Effective Assertiveness	1	September 7-9	1:30pm-3pm	Jane Tully
	2	November 1-3	1:30pm-3pm	Jane Tully
	3	January 10, 12, 14	1:30pm-3pm	Jane Tully
Self-Stigma	1	September 13 & 15	10:30am-12pm	Brad Burnell
	2	January 10 & 12	10:30am-12pm	Brad Burnell
Coping with Depression	1	September 13-16	1:30pm-3pm	Brad Burnell
	2	October 26, 28 & Nov 2, 4	1:30pm-3pm	Brad Burnell
Trauma Support Group		Every Friday	10am-11am	Jane & Brad
Coping with Stress	1	September 20 & 22	11:30am-	Brad Burnell
	2	November 29 & 30	10:30am-12pm	Brad Burnell
	3	December 13 & 15	10:30am-12pm	Brad Burnell
Journey to Recovery	1	September 20 & 22	1:30pm-3pm	Brad Burnell
Healthy Self Love	1	September 21 & 23	1:30pm-3pm	Jane Tully
	2	November 23 & 25	1:30pm-3pm	Jane Tully
	3	December 1 & 2	10:30am-12pm	Jane Tully
Breaking Bad Habits	1	September 27-30	10:30am-12pm	Brad Burnell
	2	November 22-25	10:30am-12pm	Brad Burnell
	3	January 24-27	1:30pm-3pm	Brad Burnell
When Substance Use Becomes Problematic	1	September 28-30	1:30pm-3pm	Brad Burnell
	2	November 15-17	10:30am-12pm	Brad Burnell
	3	January 17-19	10:30am-12pm	Brad Burnell
How to Get a Restful Sleep	1	October 4 & 6	1:30pm-3pm	Jane Tully
	2	January 11 & 13	10:30am-12pm	Jane Tully

Coping with Anxiety	1	October 5, 7, 12, 14 & 19	10:30am-12pm	Brad Burnell
	2	November 15, 17, 22, 24, 29	1:30pm-3pm	Brad Burnell
Coping with the Holidays	1	October 5 & 7	1:30pm-3pm	Brad Burnell
	2	December 20 & 22	10:30am-12pm	Brad Burnell
Recognizing Trauma	1	October 19-21	1:30pm-3pm	Jane Tully
	2	December 20-22	1:30pm-3pm	Jane Tully
Healthy Communication	1	October 25, 27 & Nov 1-3	10:30am-12pm	Jane Tully
	2	January 11, 13, 17, 18, 19	1:30pm-3pm	Jane Tully
Managing Grief	1	November 8-10	10:30am-12pm	Brad Burnell
	2	January 24, 25, 26	1:30pm-3pm	Brad Burnell
Caring for the Caregiver	1	November 8-10	1:30pm-3pm	Jane Tully
	2	January 24-26	10:30am-12pm	Jane Tully
Telling Your Story	1	December 7-9	10:30am-12pm	Brad Burnell