

Class Descriptions for Online Classes

August 14th, 2023 - October 10th, 2023

All links can be found at recoverycenterhc.org

*Any description labeled with * is hybrid, both in-person and online.*

Assertiveness: Developing Positive Assertiveness will teach students how to think assertively, feel confident, behave positive, in ways that will help students be self-advocates in their professional and personal relationships.

Cultivating a Spirituality of Joy & Beauty: What brings you joy? What do you find beautiful? As spiritual people, incorporating joy, fun, and beauty into our everyday lives is essential to our mental health and spiritual wellbeing. Join Fred on Zoom as we explore joy and beauty through the visual and performing arts – including music, dance, poetry, painting, photography, and storytelling – and in our universe – including natural wonders here on Earth and throughout the cosmos. Take time to soak your spirit in experiences of joy and beauty for a renewed sense of self.

Emotions Anonymous - a 12-Step program patterned after AA. It is designed to help individuals find emotional balance in their daily lives.

Empowerment Hour - Members can sign up to present a topic, or request a topic for a given week of the session. Members can lead a group discussion, or teach fellow members about their choice of topics such as music, how to garden, how to bake a cake, show and tell, or play a game. Members can sign up and choose the topic for any given week. They can present, or request that the facilitator present on their choice of topic. Members can also choose that a given week be a game night, open mic, extra support group, etc..

Financial Ed: Learn the basics of financial education with David. He will teach you how to budget, save, and so much more!

LGBTQ & Friends: The LGBTQ+ and Friends Support Group is a safe, judgment-free place where we learn from one another and provide support for each other. Everyone is welcome to attend, whether you are part of the LGBTQ+ community or not - or if you are questioning your own identity. Members are especially encouraged to attend if you want to learn how to best support an LGBTQ+ friend or family member. Discussions are respectful of everyone's personal privacy and are open to diverse opinions and sincere questions. You may share as much or as little as you like, or just join to listen and learn! All are welcome!

Peer-Led D.B.T.*: Mary, who has spent years taking Dialectical Behavior Therapy, walks you through the lessons and coping tactics that D.B.T offers with a peer support spin. She helps guide you through the DBT journey with a peer-centered approach.

Recovery Voices Online: This is a class where members can become contributors to an online newspaper website, created and run by members and for members. Topics will include photography, poetry, crafts, recipes, resources, paintings, news, events, tech, music, movies, stories, and more. Share your passion, talent, knowledge, advice and more with your peers!

Staying Spiritually Grounded through Tough Times: What helps you stay spiritually grounded when you experience challenging or difficult times in your life? Join us as we explore different spiritual practices – including meditation, prayer, poetry, and music – to help us stay spiritually connected to our sacred selves. By mutually supporting our interconnectedness in a confidential learning community, we will listen to and savor our individual spiritual journeys of hope, strength, and resilience.

Tech 101: Learn the basics of technology from your laptop, to your phone, to your tablet, David will help!

WHAM! Support Group (Goal Setting): Whole Health Action Management will teach students how to identify their strengths and use those to create whole health goals. The class will also teach students how to use peer support and a weekly action plan to follow up on goal progress. Students will also learn how to use relaxation response to manage stress as they work on their goals.