

Recovery West Weekly Schedule

Already a member of Recovery West? Speak to any worker about registering for a group or drop in time.

Not currently a member? Call (905) 451-2123 to join.

For group descriptions and information about additional group programs, check out our Groups page.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-11:00: Emotional Regulation (online & telephone) 11:00-12:00: Depression AM (telephone) 1:30-3:00: Creative Writing (online & telephone) 2:30-3:30: Hearing Voices (online & telephone) 7:00-8:00: Anxiety PM (online & telephone)	10:00-11:00: Anxiety AM (online & telephone) 11:00-12:00: Self Esteem (online & telephone) 11:00-12:00: Voices & Parallel Realities 101 (onsite at Recovery West) 1:00-2:30: SMART Recovery (online & telephone) 2:00-3:00: Mindfulness (online & telephone) 4:00-8:00: Drop In (onsite at Recovery West)	9:00-4:00: Career Centre Drop In (onsite at Recovery West) 11:00-12:00: Bipolar (online & telephone) 2:30-3:30: Recovery Chat (onsite at Recovery West) 3:30-5:00: SMART Recovery (online & telephone) 5:30-7:00: Queer Minds (w. MOYO) (online & telephone) 4:00-8:00: Drop In (onsite at Recovery West)	10:00-10:30: Member's Meeting (3rd week of the month only) 11:00-12:00: Women's Group (online & telephone) 12:30-2:00: SMART Recovery (online & telephone) 2:00-3:00: Parallel Realities (online & telephone) 6:30-7:30: Depression PM (telephone)	11:00-11:30: Mindfulness Meditation (online & telephone) 1:00-2:30: Craft Group (online & telephone)