

# Welcome to Blue Ridge/Meridian's Recovery Education Centers (REC)

- Active REC students are welcome to attend any class at any time
- If you would like to become an active student, call 828-631-3973 to schedule an assessment
- Classes at the RECs offer an in-person option at the location listed as well as an online option
- Online Only Classes are offered on zoom only



## Spring Semester February 13, 2023 – April 28, 2023

Haywood REC	Jackson & Macon REC	Online Only Classes
<b>Monday</b>		
<ul style="list-style-type: none"> <li>•10:00-11:30 Recovery Discovery</li> <li>•1:00-2:30 Life After Loss</li> <li>•2:30-4:00 Resources for Resilience</li> </ul>	<ul style="list-style-type: none"> <li>•9:30-11:00 Assertiveness</li> <li>•11:00-12:30 Living in Balance</li> <li>•1:00-2:30 Coping with Grief &amp; Loss</li> <li>•2:30-4:00 Trauma &amp; Resilience</li> </ul>	<ul style="list-style-type: none"> <li>•5:00-6:30 Parenting with Love &amp; Logic</li> </ul>
<b>Tuesday</b>		
<ul style="list-style-type: none"> <li>•10:00-11:30 Living in Balance</li> <li>•11:30-1:00 Healthy Boundaries</li> <li>•1:00-2:30 Back from the Bluez</li> </ul>	<ul style="list-style-type: none"> <li>•9:30-11:00 Writing for Wellness</li> <li>•11:00-12:30 The 4 Agreements</li> <li>•1:00-2:30 WRAP</li> <li>•2:30-4:00 Exploring Loneliness</li> </ul>	<ul style="list-style-type: none"> <li>•5:00-6:00 Prime for Life</li> </ul>
<b>Wednesday</b>		
<ul style="list-style-type: none"> <li>•10:00-11:30 Parenting with Love &amp; Logic</li> <li>•1:00-2:30 Wise Mind</li> <li>•2:30-4:00 Creative Recovery</li> </ul>	<ul style="list-style-type: none"> <li>•9:30-11:00 Seeking Safety</li> <li>•11:00-12:30 Living with Chronic Pain</li> <li>•1:00-2:30 Meditation</li> </ul>	<ul style="list-style-type: none"> <li>•6:00-7:30 Recovery Discovery for Men</li> </ul>
<b>Thursday</b>		
<ul style="list-style-type: none"> <li>•10:00-11:30 Vulnerability</li> <li>•1:00-2:30 Managing Anger</li> <li>•2:30-4:00 Self Compassion</li> </ul>	<ul style="list-style-type: none"> <li>•9:30-11:00 Art of Emotions</li> <li>•11:00-12:30 Wise Mind</li> <li>•1:00-2:30 Journey to Healing &amp; Recovery after Brain Injury</li> <li>•2:30-4:00 What, Me Worry?</li> </ul>	<ul style="list-style-type: none"> <li>•5:30-7:00 Recovery Discovery for Women</li> </ul>
<b>Friday</b>		
<ul style="list-style-type: none"> <li>•10:00-11:30 Seeking Safety</li> <li>•1:00-2:30 Acceptance and Commitment Therapy</li> <li>•2:30-4:00 Art of Emotions</li> </ul>	<ul style="list-style-type: none"> <li>•9:30-11:00 Effective Relationships</li> <li>•11:00-12:30 Creative Recovery</li> <li>•1:00-2:30 Healthy Boundaries</li> <li>•2:30-4:00 Gifts of Imperfection</li> </ul>	