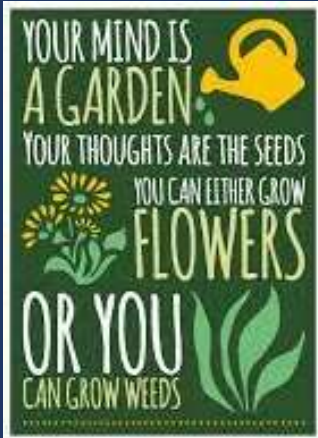


Welcome to Blue Ridge Health's Recovery Education Center (REC)



- 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

	Haywood REC	Jackson & Macon REC
Monday	<ul style="list-style-type: none"> • 10:00-11:30 Back from the Bluez • 1:00-2:30 Resources for Resilience • 2:30-4:00 Writing for Wellness • 5-6:30 Managing Stress & Big Moments (ONLINE ONLY in May, In Person + Online offered starting June 5) 	<ul style="list-style-type: none"> • 9:30-11:00 Assertiveness • 11:00-12:30 Living in Balance • 1:00-2:30 CBT for Focus & Organization • 2:30-4:00 Managing Anger • 5:00-6:30 Parenting with Love & Logic (ONLINE ONLY)
Tuesday	<ul style="list-style-type: none"> • 10:00-11:30 WRAP • 11:30-1:00 Healthy Boundaries • 1:00-2:30 Recovery Discovery for Men 	<ul style="list-style-type: none"> • 9:30-11:00 Writing for Wellness • 11:00-12:30 Self Care • 1:00-2:30 Trauma & Resiliency • 2:30-4:00 Grief & Loss II
Wednesday	<ul style="list-style-type: none"> • 10:00-11:30 Parenting with Love & Logic • 1:00-2:30 Wise Mind • 2:30-4:00 Creative Recovery (In Person Only) 	<ul style="list-style-type: none"> • 9:30-11:00 Self Compassion • 11:00-12:30 WRAP • 1:00-2:30 Seeking Safety
Thursday	<ul style="list-style-type: none"> • 10:00-11:30 Assertiveness • 1:00-2:30 Managing Anger • 2:30-4:00 Self Compassion 	<ul style="list-style-type: none"> • 9:30-11:00 Art of Emotions • 11:00-12:30 The 4 Agreements • 1:00-2:30 Journey to Healing & Recovery after Brain Injury • 2:30-4:00 Managing Anxiety • 5:30-7:00 Recovery Discovery for Women 2 (ONLINE ONLY)
Friday	<ul style="list-style-type: none"> • 10:00-11:30 Seeking Safety • 1:00-2:30 Accept, Commit, Take Action • 2:30-4:00 Art of Emotions 	<ul style="list-style-type: none"> • 9:30-11:00 Wise Mind • 11:00-12:30 Creative Recovery • 1:00-2:30 Healthy Boundaries • 2:30-4:00 Positive Psychology