

it takes courage
to grow up
and become
who you really are

e.e. cummings

Blue Ridge Health Recovery Education Centers




Class Schedule

April 20, 2026 – July 3, 2026

•Classes at the RECs offer an in-person option at the location listed as well as an online option at the zoom link below (unless noted otherwise)

•Online Only = Zoom

•(IPO) = In Person Only

	Haywood REC	Jackson & Macon REC	Transylvania REC
	Meeting ID: 829 0122 9560 Passcode:803298 https://us06web.zoom.us/j/82901229560?pwd=lamkJKGMsoXjYDTdnwNogjBPcxeGec.1 	Meeting ID: 841 0796 3001 Passcode: 963494 https://us06web.zoom.us/j/84107963001?pwd=nxptbosLIBxRnd6LvzfZ2iiEKrN5zE.1 	Meeting ID: 850 7792 9326 Passcode: 855600 https://us06web.zoom.us/j/85077929326?pwd=kR6J2zcu2lb0nle5haPjltptFOqa3n.1 
Monday	<ul style="list-style-type: none"> •10-11 Managing Anxiety •11-12 Managing Anger*[Jackson Link] •1-2 Trauma & Resilience* •2-3 Recovery Discovery* •5-6:30 Domestic Violence Intervention Group for Men* [BY REFERRAL ONLY] 	<ul style="list-style-type: none"> •10-11 Exploring Loneliness* •11-12 Managing Anger*[Jackson Link] •1-2 Assertiveness* 	<ul style="list-style-type: none"> •10-11 Putting Off Procrastination •11-12 Managing Anger*[Jackson Link] •1-2 Wise Mind* •2-3 Meditation
Tuesday	<ul style="list-style-type: none"> •10-11 Overcoming Depression •11-12 Art of Emotions*[Brevard Link] •1-2 Assertiveness •2-3 Writing for Wellness 	<ul style="list-style-type: none"> •10-11 Putting Off Procrastination* •11-12 Art of Emotions*[Brevard Link] •1-2 Living in Balance •2-3 Wise Mind 	<ul style="list-style-type: none"> •10-11 Managing Anxiety •11-12 Art of Emotions*[Brevard Link] •1-2:30 Growing in Recovery*
Wednesday	<ul style="list-style-type: none"> •10-11 Wise Mind •11-12 Positive Psychology*[Jackson Link] •1-2:30 Prime for Life*[Brevard Link] •1:30-3 Creative Recovery [IPO] •5-6:30 Domestic Violence Intervention Group for Men* [BY REFERRAL ONLY] 	<ul style="list-style-type: none"> •10-11 Trauma & Resilience* •11-12 Positive Psychology*[Jackson Link] •1-2:30 Prime for Life*[Brevard Link] •1-2 Recovery Discovery 	<ul style="list-style-type: none"> •10-11 Seeking Safety* •11-12 Positive Psychology*[Jackson Link] •1-2:30 Prime for Life*[Brevard Link]
Thursday	<ul style="list-style-type: none"> •10-11 Embodied Healing •11-12 Life After Loss*[Haywood Link] •1-2 Seeking Safety 2-3 Self-Care Prescription 	<ul style="list-style-type: none"> •10-11 Vulnerability* •11-12 Life After Loss*[Haywood Link] •1-2 Managing Anxiety •2-3 The 4 Agreements 	<ul style="list-style-type: none"> •10-11 Back From the Bluez •11-12 Life After Loss*[Haywood Link] •1-2 Recovery Discovery* •2-3 Mindful Movement
Friday	<ul style="list-style-type: none"> •10-11 Wellness Recovery Action Plan •11-12 Healthy Boundaries*[Jackson Link] •1-2 Gifts of Imperfection* •2-3 The 4 Agreements* 	<ul style="list-style-type: none"> •10-11 Overcoming Depression •11-12 Healthy Boundaries*[Jackson Link] •1-2 Writing for Wellness* •2-3 Seeking Safety* 	<ul style="list-style-type: none"> •10-11 Self-Care Prescription •11-12 Healthy Boundaries*[Jackson Link] •1-2 Trauma & Resilience* •2-3:30 Creative Recovery

***Groups led by a licensed therapist may incur a co-pay or out of pocket cost for some students. Please see a staff member for details.**

Class Descriptions:

- Assertiveness:** Students will learn to interact with others and practice communicating in a way that allows their voice to be heard and their needs to be met in a healthy way. We can improve our relationships when we increase our assertiveness.
- Art of Emotions:** Based on the principles of cognitive behavioral therapy, learn to understand the thoughts that contribute to depression, anxiety, anger, and other emotions, and practice challenging them to reduce emotional suffering.
- Back from the Blues:** Learn about depression, strategies for managing mood, and effective coping skills to help you move through the blues and have a better quality of life.
- Circle of Security Parenting (By Referral Only):** For caregivers of children who want to increase attachment in their relationships, reflect on their own childhood and how they were parented, and learn new ways to respond to their children in hard moments
- Creative Recovery:** Where words fall short, art can help carry us toward our recovery goals. Use expressive arts to enhance your recovery. A variety of media and creative projects will be offered to help students grow in self-discovery.
- Domestic Violence Intervention Group for Men (By Referral Only):** This is a 26-week group that addresses concerns of violence against others, including controlling and abusive behaviors. Based on the Duluth Model; approved by the NC Council for Women.
- Embodied Healing:** Trauma can change the way you feel about, and in, your body. Your body remembers, and reminds you again and again through deeply physical symptoms. Come to this class to learn steps to reconnect to your body and realize that healing is possible.
- Exploring Loneliness:** Learn how to take the necessary steps to relieve loneliness and work toward developing better relationship skills, reaching out for support, joining community activities, and fostering intimate relationships.
- Gifts of Imperfection:** Based on Brene Brown's best-selling book, this class will help you explore the 10 guideposts to adopt a whole-hearted approach to living life to the fullest.
- Growing in Recovery:** Explore the connection between nature and our nervous system. Students will practice mindfulness skills while gardening and planting.
- Healthy Boundaries:** This class allows students to learn ways to establish boundaries in order to experience healthier relationships. Take this opportunity to learn and practice verbalizing your needs and having them met in a positive way.
- Life After Loss:** Grief and loss comes in many forms.. Learn about healthy ways to grieve losses, honor the past, and live our lives more fully.
- Living in Balance:** This class is geared towards students in the action and maintenance stages of change who are practicing an abstinent recovery process and looking to strengthen their recovery skills for a long-term healthy lifestyle.
- Managing Anger:** Explore how intense emotions can create or complicate interpersonal problems and identify effective strategies for managing intense emotions. Develop anger management, assertiveness, and other ways of coping.
- Managing Anxiety:** Do you consider yourself a worrier? Do you often feel restless, on edge, and/or are you experiencing panic attacks? Learn coping skills to manage anxiety more effectively.
- Meditation:** Students will learn basic meditation techniques and have the opportunity to listen to a different guided meditation each week. Students will learn about the benefits of meditation for physical and mental health and observe the positive effects within themselves
- Mindful Movement:** Explore how practices such as yoga and movement increase mindfulness, soothe the nervous system, and improve overall wellness. Learn some basic movements you can try at home.
- Overcoming Depression:** Learn skills to stop the downward spiral of unhappiness, negativism, and self-defeating behaviors. This class focuses on CBT exercises to increase biochemical production associated with the sense of well-being and happiness.*
- Positive Psychology:** Practice identifying what is positive in your life, finding happiness from moment to moment. Learn about the components of happiness: positive emotion, engagement in life and activities, meaning making, and practice them more often.
- Prime for Life:** Come to this class to learn and reflect on how substances impact your brain, body, wellness, and life. Learn tools to support your recovery journey if you are interested in making changes to your substance using patterns. Choose from:
- Putting off Procrastination:** Learn more about what procrastination is and why we do it, along with exercises and strategies to help manage procrastination.
- Recovery Discovery:** Explore the challenges around addiction and the reasons it is difficult to stop using. Learn about the consequences of substance use and develop skills for navigating common obstacles and pitfalls in early recovery.
- Seeking Safety:** Learn about and reflect upon the intersection between substance use and trauma. Reclaim your life after the experience of trauma and practice safe ways of coping while being compassionate to yourself.
- Self-Care Prescription:** Find balance and purpose in personal relationships, work, and life. Explore self-care and create a personalized plan. Learn techniques to fight anxiety, demotivation, or whatever else is holding you back in life.
- The 4 Agreements:** Based on Miguel Ruiz's book, learn about the 4 Universal Principles, what they mean and how they help; explore how making changes and following the agreements can impact your wellness in a positive way.
- Trauma & Resilience:** Learn about the impact of trauma and chronic stress on the nervous system and how you can build your resilience using seven key resiliency tools. Increase self-soothing and self-care.
- Vulnerability:** Learn to recognize shame as a universal experience and embrace authentic living as a foundation for resilience. Topics include defining shame, practicing empathy, exploring triggers and vulnerabilities, practicing critical awareness, reaching out to others, and more!
- Wellness Recovery Action Plan (WRAP):** Put all of your expertise about yourself into an easy-to-use plan that will help you cope with mental, emotional, and physical health issues. Reflect on what helps and how to shift when things are getting harder.
- Wise Mind:** Learn specific skills for navigating relationships, tolerating stress, and regulating emotions. Learn and practice these skills to help you surf the ups and downs in your life instead of feeling tossed around by the waves. Based on DBT.
- Writing for Wellness:** Writing about thoughts, emotions, and experiences can be a valuable tool. Join us to gain understanding, acceptance, and healing through writing while we explore special topics like loving-kindness and wisdom.