

Recovery College – Canadian Mental Health Association

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<http://www.recoverycollegecalgary.ca/>

105, 1040 – 7 Avenue SW

A series of free mental health programs and workshops designed for individuals aged 16+. Includes programs on self-care, employment, managing stress around the holidays, anxiety

- For more information or to register:
 - <http://www.recoverycollegecalgary.ca/>