Recovery Alberta

DECEMBER 2026

Living Sober

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01	02 Withdrawal In Person	03 Communication Virtual	04 Counsellor's Choice In Person	05
06	07 Emotional Regulation In Person	08	09 Building Healthy Relationships In Person	10 Communication Virtual	11 Counsellor's Choice In Person	12
13	14 Helathy Thinking In Person	15	16 Anger Management In Person	17 Self Esteem Virtual	18 Counsellor's Choice In Person	19
20	21 Family In Person	22	23 Addiction and Mental Health In Person	24 Leisure and Self Care Virtual	25 Stat-No Group	26
27	28 Stat-No Group	29	30 Relapse Prevention In Person	31 Stages of Change Virtual	01	02
03	04	05	06	07	08	09

Living Sober Is Offered at Adult Addiction and Mental Health Clinic as Follows:

Thursdays- Virtual 9:00 AM-10:00 AM

Monday, Wednesday and Friday- In person 9:00 AM-10:00 AM

If you are interested in attending the virtual, please call our office at 403-529-3500 with your e-mail address to be added to our group invite list.

If you would like to attend in-person sessions on Mondays, Wednesdays and Fridays our address is:

Room 2- 346 3rd St SE (Lower Level of the Medicine Hat Provincial Building)