Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

NOVEMBER 2026

Living Sober

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

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)