



Wellness Network Recovery College Courses Winter 2022

Cooking Basics 1

Facilitators: Andrew Watt and Jason Moors

Time: 10:00 am – 12:00 pm Fridays

Course Dates: January 7, 14, 28
February 4, 11, 18

Limit of 4 participants. In-person only.

Goal Setting

Facilitators: Jessica Meilleur and Bryna Campbell

Time: 10:00 am – 12:00 pm Wednesdays

Course Dates: January 26
February 2, 9, 16, 23
March 2

Limit of 8 participants. In-person and online.

Everyday Confidence

Facilitators: Colin Simpson and Geri Rasmussen

Time: 10:00 am – 12:00 pm Thursdays

Course Dates: January 27
February 3, 10, 17, 24
March 3

Limit of 8 participants. In-person and online.

Cooking Basics 2

Facilitators: Andrew Watt and Sam Yasinowski

Time: 1:00 pm – 3:00 pm Wednesdays

Course Dates: February 23
March 2, 9, 16, 23, 30

Limit of 4 participants. In-person only.

For registration, please contact Fay Swann on 780.426.7861 or email fswann@prosperplace.org