

# 2022 Program Calendar



## Onsite 4-day Intensive Retreats

January 6-9, 2022 (CO-ED)  
March 10-13, 2022  
May 12-15, 2022  
July 14-17, 2022  
August 11-14, 2022  
September 8-11, 2022  
November 17-20, 2022  
December 8-11, 2022

## Virtual Online 2-day Intensive Retreats

February 21-22, 2022  
April 18-19, 2022  
July 4-5, 2022  
October 3-4, 2022  
November 28-29, 2022  
December 19-20, 2022

## Onsite Module 1

January 20-Feb 11, 2022  
June 2-24, 2022  
October 13-November 4, 2022

## Onsite Module 2

March 24 - April 8, 2022

## Onsite Module 3 (Equine)

April 21 - 26, 2022  
September 22-27, 2022

## Family & Caregiver Supporting Your Loved One 2-day Online Workshops

February 25-26, 2022  
May 27-28, 2022

## Youth Online Recovery Programs

Youth Online Retreat  
May 7, 2022

More youth programs in September!

## Virtual Support Groups Online Weekly DEEP DIVES

Wednesday evenings  
7:00pm - 9:00 pm CST  
hosted by Lauralyn, Helen  
and BridgePoint Team!

## Recovery Support Line

Call (306) 935-2240  
for Pre & Post Program Support  
Tuesdays - Thursdays 1-9:00 pm  
(paused during onsite programs)

## NourishED Online 4-Week Group

Tuesday evenings - 7:00pm CST  
with Dietitians Sydney & Rhea

May 10-31

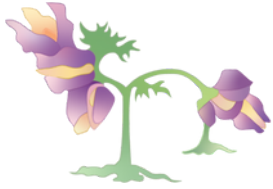
## Daily RecoverED Texting Programs

Text the word **RecoverED** to  
**1-833-988-1431** to subscribe  
(standard message rates may apply)

**On-demand  
self paced online programs  
are now available  
for participants and  
for professionals!**



[www.bridgepointcenter.ca](http://www.bridgepointcenter.ca)  
(306) 935-2240  
[bridgepoint@sasktel.net](mailto:bridgepoint@sasktel.net)



# BRIDGEPOINT

CENTER FOR EATING DISORDER RECOVERY