

What is Recovery College?

Recovery Colleges in Alberta offer a range and variety of **free** recovery-focused courses designed for individuals, families, the workplace, and cultural communities.

All Recovery College courses are co-developed and co-facilitated with the community and peers - individuals with "lived experience" who are role models to their peers and embody hope and recovery - exploring community strengths, as personal experience is embedded with educational and professional expertise.



What is recovery?

CMHA defines recovery as gaining and retaining hope, understanding one's strengths, engaging in an active life, having personal autonomy, social identity, meaning and purpose in life.

The goal of Recovery Colleges is to use a peer-centred approach for attendees to make healing connections through sharing mutual life-experiences.

Our support offerings



Online Options

- Free Online Zoom Courses
- Online Registration



In-Person Options

- Free In-Person Wellness & Mental Health Courses
- Online Registration



HOPE BELONGING CONNECTION

Find support near you



recovery.college@gpcmha.ca



780-402-4532



www.recoverycollegegrandeprairie.ca



10015 110 Avenue



facebook.com/cmhaNW



Recovery College is for everyone.

Find free wellness and mental health courses near you.



Canadian Mental Health Association
in Alberta
Mental health for all

Who does Recovery College support?

The wide variety of courses are designed to engage all Albertans.

Recovery College supports:

- Individuals
- Families
- Workplaces
- Cultural Communities
- And More

Regardless of what you may be experiencing, whether it be mental health concerns, substance use, or perhaps you are simply curious about supporting your wellness, Recovery College is for everyone.



**Find hope, belonging
and connection today.**

What is peer support?

Peer support is emotional and practical support between two people who share a common experience.

Peer Facilitators are individuals with lived-experience of mental health. They can relate to the experiences of those who attend the program through their own personal lens.



Recovery College's impact in Alberta

The 2021-2022 Evaluation of Recovery Colleges in Alberta found :

- 90% of participants reported **increased hope for the future**
- 87% of participants reported **increased sense of belonging.**
- 81% of participants reported **increased life satisfaction.**



I have learned that other people struggle with similar worries and fears. I am not alone in my journey.

- Recovery College Participant

Course content and offerings

- Building Meaningful Connections
- Practicing Gratitude & Compassion
- Understanding Boundaries
- Stress Management
- Communication Skills
- Healthy Relationships
- Understanding Addiction & Recovery

Visit www.recoverycollegegrandeprairie.ca to learn more about the current courses offered and register online.