

# Recovery College

Kingston ONTARIO



## Providence Care is pleased to be offering mental health and wellness courses for adults through our new Recovery College!

A Recovery College is an innovative **adult learning centre** aimed to support people to become experts in their own mental health and wellness through education. Currently, there are 20 Recovery Colleges in Canada and many more worldwide!

Recovery Colleges offer a wide variety of **free** courses, workshops, and events run by peer trainers and mental health practitioners that focus on **understanding and managing mental health and wellness**, developing skills for recovery, living, working, and pursuing your aspirations.

### What is recovery?

Recovery from a mental health perspective means gaining and retaining hope, understanding one's abilities and disabilities, engaging in an active life, personal autonomy, social identity, meaning and purpose in life and having a positive sense of self.

### Who is it for?

Recovery Colleges are for **everyone**, including those who have lived experience of mental illness and/or substance use challenges, their family members and friends, when appropriate, health care providers, and the broader community.

All learn together and from each other, creating a space where barriers and stigma will be broken down.

## Program Features

### Adult Learning Model

This program operates on college principles. Students will select their courses and schedule with support from a peer navigator or tutor, who offers information and education advice and guidance.

### Individualized Learning

Individuals are able to choose courses that suit their needs and interests and empower them learn skills and information to manage their unique mental health and wellness needs.

Students are encouraged to explore meaningful roles and activities in a welcoming and recovery-oriented environment.

### Peer Support & Community

Courses are co-facilitated by peer-supporters, who are experts by experience with personal stories of mental health, substance use concerns, or support for a loved one. Group learning and mutual support is emphasized throughout the program.

Anyone can be a student; everyone is provided the chance to share their story and celebrate successes and strengths.

**ENROLL TODAY**

or learn more at



[recoverycollege@providencecare.ca](mailto:recoverycollege@providencecare.ca)



613 540 6165 ext. 34401 or 34340

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