Contact Information

Recovery College
533 Montreal St.,
Kingston ON, K7K3H9

recoverycollege@providencecare.ca

613 540 6165 ext. 34401 or 34340

providencecare.ca/communityservices/recoverycollege
Welcome to our Recovery College! As an adult learning centre, we provide \textit{free} education and opportunities to support mental health, wellness, and recovery. Our Recovery College courses are co-designed and co-delivered by health care and social service providers and peer facilitators - people with lived experience of mental health challenges and/or addictions. Each course is interactive and provides a positive learning environment, supporting personal empowerment, connection, and hope. Recovery is a journey, not a destination.

Everyone is welcome to attend. No previous experience or education level is required.

\textbf{Dates at a Glance}

\begin{itemize}
  \item \textbf{Winter Semester:} Jan 8th - March 29th, 2024
  \item \textbf{Spring Semester:} April 8th - June 21st, 2024
  \item \textbf{End of School-Year Celebration:} June 21st, 2024
\end{itemize}

\textbf{How Do I Enroll?}

This is a self-referral process; all enrollment must be completed by the student.

If you are interested in becoming a student, please complete the attached enrollment form and/or contact the Recovery College to arrange a time to meet with a coordinator:

Phone: 613 540 6165 ext. 34401 or 34340
Email: recoverycollege@providencecare.ca
Fax: 613 540 6169
Guiding Principles

Delivering education
Our focus is on education: we are a college, not a clinic – we work with students, not patients or clients.

Valuing lived expertise and co-production
Our courses are co-designed and co-delivered by peer facilitators – people with lived experience on the course topic - and health care and/or social service professionals.

Providing hope and empowerment
We pride ourselves on enabling our students to take an active role in self-management through providing opportunities to gain knowledge and skills, develop or redevelop strengths and confidence, and foster a sense of hope and possibility.

Building partnerships
We strive to promote a community development approach to planning and program delivery through building rich partnerships with our community services and supports.

Offering a supportive environment
Our program model challenges stigma and discrimination often associated with mental health and addiction challenges.

Respecting individual views, experiences, and opinions
We respect the unique recovery journey of each student. We listen to student feedback and use this to improve our Recovery College.
Courses at a Glance

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Please note: all courses will be held at our main site at 533 Montreal St. unless otherwise noted.

Any alternate locations will be mentioned in the course descriptions.
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**Recovery 101** 1pm - 2:30pm

**Learning to Live with Stress** 2:30pm - 4pm

**Inspirational Voices** 10:30am - 12pm

**Building Blocks to Employment** 1pm - 2:30pm

**Introduction to Recovery College** 3pm - 4pm

**Self-Compassion** 10:30am - 12pm

**Learning to Live with Stress** 2:30pm - 4pm

**Working through Perfectionism with Watercolour** 2:30pm - 3:30pm
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Introduction to Recovery College

This workshop will provide an introduction to our Recovery College. It will outline the main principles of the Recovery College model, discuss the range of courses and workshops that you can expect to find, and provide orientation information for new students. This course is strongly encouraged for new students as part of the enrolment process.

**Learning Outcomes**
Students will:
- Learn about the Recovery College model and the history of Recovery Colleges
- Learn information regarding how to use onsite supports and courses to promote mental health, wellness, and recovery
- Gain specific information about the current course list

**Course Structure**
90-minute one time session

**Date**
Jan 23rd

**Aimed for**
Any new student of the Recovery College or any person wishing to learn more about the Recovery College.

Inspirational Voices: Videos for Wellness

This course uses inspiring videos and/or talks as a way to connect people in discussion, shared learning, and reflection regarding health and wellness topics. Each class will consist of watching a short video or talk followed by discussion. With small class sizes and a focus on creating a safe sharing environment, students will have the opportunity to explore, discuss, and ponder together.

**Learning Outcomes**
Students will:
- Gain knowledge and new perspectives regarding a wide range of health and wellness topics
- Practice sharing opinions while listening and respecting the opinions of others
- Engage in stimulating conversation

**Course Structure**
6-class course: weekly sessions

**Dates** (attend all)
Jan 8th, 15th, 22nd, 29th
Feb 5th, 12th

**Aimed for**
Anyone with an interest in learning more about health and wellness
Recovery 101

Recovery is the process of re-defining and re-building your life with the experience of mental health challenges. This course offers the opportunity to explore and discuss various approaches to recovery and wellness in a supportive environment in which we will share and learn from each other.

Learning Outcomes

Students will:
- Define and explore recovery as an individual journey
- Consider where they are in their recovery journey and explore next steps
- Explore helpful recovery strategies and approaches
- Discuss wellness and mental health activities as part of recovery

Course Structure

6-class course; weekly sessions

Dates (attend all)
Jan 10th, 17th, 24th, 31st, Feb 7th, 14th

Aimed for

Anyone with an interest in learning more about recovery and wellness

Learning to Live with Stress

There are many causes of stress including that which we experience at a personal level, in our immediate environments, and on a broader community and world level. These stressors can negatively impact our wellness; however, many of us have difficulties knowing how to cope. This course will explore stress and provide strategies to support individuals to manage their own wellness when faced with stressful thoughts, feelings, and situations.

Learning Outcomes

Students will:
- Learn about the different types of stress and the impact of these on wellness
- Develop strategies to cope with stressors and promote wellness in the presence of stress
- Practice practical skills during the class and at home to help cope with stress

Course Structure

6-class course; weekly sessions

Dates (attend all)
Jan 10th, 17th, 24th, 31st, Feb 7th, 14th

Aimed for

Anyone with an interest in learning more about stress and/or who experiences stress and would like to learn strategies to better cope
Building Blocks to Employment

The Building Blocks to Employment course will provide students with information and skill-building to support entering or re-entering the work and/or volunteer fields. This course will explore topics such as pre-work skills, job-hunting, employee rights, job expectations, employment and mental health, and managing finances in a supportive and fun environment.

Learning Outcomes
Students will:
- Develop skills and strategies when preparing to enter a new job or volunteer position
- Learn how to manage job expectations, employee rights, and advocate for needs
- Explore values and how these align with job searching
- Have access to resources to support ongoing learning and job readiness

Course Structure
6-class course; weekly sessions

Aimed for
Anyone with an interest in preparing for job and/or volunteering opportunities.

Self-Compassion

Self-compassion is a practice of treating yourself with patience, kindness, and understanding, regardless of how you are feeling about yourself. It involves supporting yourself the way you would support a close friend or loved one who is going through a difficult time. This course will provide an opportunity to learn how to be more self-compassionate and explore various strategies and exercises to build and maintain self-compassion during difficult moments in life.

Learning Outcomes
Students will:
- Learn how to define self-compassion, name the elements of self-compassion, and explore how practicing self-compassion benefits overall wellness
- Identify barriers to practicing self-compassion and learn strategies to overcome them
- Explore strategies and exercises that support the development of a self-compassion practice and how to incorporate this into their lives

Course Structure
6-class course; weekly sessions:

Aimed for: Anyone who is looking to learn more about self-compassion and how to incorporate it into their lives to support their wellness.
Working through Perfectionism with Watercolour

The quest for perfectionism is a common experience for many people, driven primarily by internal pressures to avoid failure, the need to appear perfect, and a response to expectations at an impossibly high standard. Perfectionism is often not achievable or sustainable and can result in anxiety, depression, low-self esteem/self-worth when these self-imposed, sometimes socially driven, high expectations are not able to be met. This course will explore the social and internal concepts of perfectionism, understanding personal experiences of perfectionism and using an art-based approach to practice letting go of control.

Learning Outcomes
Students will:
- Learn what perfectionism is, the 3 main elements of perfectionism, and why it is important to living a more balanced life
- Work through an art-based activity to practice the art of letting go
- Explore how art-based approaches, combined with mindfulness strategies, can be integrated into ways of coping with anxiety and stress associated with perfectionism.

Course Structure
90-minute one time session

Date
Jan 30th

Aimed for
Anyone with an interest in building and/or deepening an understanding of their perfectionist tendencies, the related experiences of anxiety and stress, and how to incorporate new strategies to cope through these experiences. No artistic ability is needed, just a desire to learn new ways of coping!

Instructor Bio
Amanda Hall is a registered Occupational Therapist and owner of Willow Family Wellness Occupational Therapy Services Inc. (Willow Family OT). She is also a certified professional in perinatal mental health with Postpartum Support International, a certified yoga teacher, and a recognized provider with the Ontario Autism Program.

Over the last 10+ years of clinical experience, she has worked in hospital, clinic and community settings with a focus on both physical and mental health approaches. Amanda has a passion for mental health with an understanding of the mind-body connection and holistic nature of being human.
Exploring Our Leisure

Get ready to discover your leisure preferences and motivation! Our exciting Idyll Arbor Leisure Battery measurement explores your attitude, interests, motivation, and satisfaction in leisure activities. We'll figure out what you love and why. Are you into physical, social, or artistic activities? Do you enjoy leisure to learn or relax? Our reliable tools will help you find out. This journey spans 5 sessions to enhance your leisure experiences.

Learning Outcomes
Students will:
- Explore leisure preferences through the use of the Idyll Arbor Leisure Battery measurement
- Learn about the importance of leisure and how leisure supports wellness and recovery
- Increase sense of control in leisure exploration and participation

Course Structure
5-class course; weekly sessions

Aimed for
Anyone with an interest in exploring and enhancing their leisure experiences.

PLEASE NOTE: the location for this course is at the Providence Care main site (752 King St. West). We will contact all students participating in this course to provide exact location.

Building Healthy Relationships

The Building Healthy Relationships course is designed to help individuals build and strengthen healthy relationships, including relationships with friends, family, and partners. This course will explore the difference between healthy and unhealthy relationships and provide a combination of education and skills on how to build trust, set healthy boundaries, as well as form and deepen relationships. This group will be delivered in small groups in a safe learning environment, that facilitates an opportunity to engage socially with others.

Learning Outcomes
Students will:
- Gain knowledge regarding identifying healthy and unhealthy relationships
- Develop strategies for building trust and vulnerability
- Practice boundary setting through communication and conflict management skills
- Learn how to deepen current relationships and create new relationships

Course Structure
6-class course; weekly sessions

Aimed for
Anyone with an interest in learning how to build and strengthen healthy relationships.

Dates (attend all)
Feb 21st, 28th, March 6th, 13th, 20th, 27th
Centering Yourself with Cross-stitch

Engaging in creative activity has been shown to reduce stress, and improve skills such as self-awareness, patience and increase a state of flow. This workshop will use cross-stitching as a means of grounding and stress-reduction. A variety of cross-stitching options will be available to meet the needs of students who are differently abled.

Learning outcome
Students will:
- Learn how creative activity can be beneficial in reducing stress and increasing patience
- Develop skills to complete an individual cross-stitch project
- Have the opportunity to connect with others in an artistic, supportive, and fun environment

Course Structure
4-week course; weekly sessions

Aimed for:
Anyone interested in learning to cross-stitch and use cross-stitching as a healthy coping mechanism.

2SLGBTQIA+ Mental Health Workshop

This workshop focuses on debunking stigma and stereotypes perpetuated in society about 2SLGBTQIA+ people and mental health. It provides information on how these harmful myths negatively impact 2SLGBTQIA+ people's mental health and includes a focus on intersectionality, stigma, coping strategies, self-advocacy tips for working with healthcare professionals and community resources.

Learning outcomes
Students will:
- Learn about stigma and discrimination surrounding 2SLGBTQIA+ mental health and how these create barriers to accessing supports
- Learn about the facts and research surrounding 2SLGBTQIA+ mental health
- Learn how to recognize stigma and signs that someone is struggling with their mental health
- Learn how to be a supportive ally
- Engage in discussion and have the opportunity to ask questions in a safe, open and non-judgmental environment

Course Structure
2-hour, one time session

Aimed for
Anyone who would like to learn more about 2SLGBTQIA+ mental health.
At the core of parenting is nurture; we spend much time providing support to our children and nourishing their development but often find it hard to nurture ourselves and our journey in parenthood. This course will provide parents with an opportunity to connect to others, discuss parenting and wellness, and learn strategies to navigate the challenges of parenthood.

**Learning Outcomes**

Students will:
- Have the opportunity to ask questions and connect with other parents in a safe and non-judgmental environment
- Learn strategies and coping skills to support the parenthood journey and overall wellness

**Course Structure**

4-week course; weekly sessions

**Dates** (attend all)

March 5th, 12th, 19th, 26th

**Aimed for**

Any parent who is looking for connection and an opportunity to explore coping and wellness in the parenthood journey.

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**Reflections Through Words: Writing Workshop**

This workshop uses writing as a way to make self-reflection and expression fun! Writing can help us to make sense of the world, discover new ways of thinking, and can lead to positive change in everyday life. We will explore how to write using our memories and imagination, and also gain strength in our ability to create beauty through words.

**Learning Outcomes**

Students will:
- Learn how to use writing as a form of self-expression
- Learn strategies to create unique and individual pieces of writing
- Have the opportunity, if wanted, to share their writing with others in the workshop

**Course Structure**

90-minute, one time session

**Date**

March 7th

**Aimed for**

Anyone with an interest in writing and creative expression.
This workshop focuses on how to support people experiencing emotional distress and/or mental health challenges in a caring and empathetic manner. It provides clear strategies and tools to empower people to respond effectively and relieve some misconceptions and concerns that can cause barriers when supporting others. This course can also help individuals identify ways in which they would like to be supported.

***Please note that this course is NOT a Mental Health First Aid certification***

**Learning Outcomes**

Students will:
- Learn simple but effective strategies for supporting others experiencing distress
- Explore common myths and misconceptions associated with mental health challenges and how these can create barriers to support
- Engage in discussion and have the opportunity to ask questions in a safe space

**Course Structure**

90-minute one time session

**Date**

March 21st

**Aimed for**

Anyone with an interest in mental health and recovery and wants to gain tools regarding supporting themselves and others.
It is important that we ensure that every student’s learning experience at the College is enriching and positive. The Code of Conduct is a set of guidelines to help ensure our students and staff work together in ways to ensure that the college provides a supportive, empowering, nonjudgmental and non-threatening environment. Students and staff members of the College, are expected to:

• Behave in a responsible manner that fosters mutual respect and understanding between all members of the College

• Respect the personal rights, life choices and opinions of others

• Respect the wellbeing and property of the other members of the community

• Celebrate differences

• Behave in a way that is not considered threatening or disruptive (ie. violent, disorderly or offensive behaviour or language), or that could lead to physical or emotional harm to any students or staff

• Respect the confidentiality of others

• Behave in a way that does not prevent or disrupt learning or other activities

• Take an active part in learning and use the resources made available

• Take responsibility for ourselves and come to Recovery College courses on time and equipped to participate

To provide for a safe, supportive learning environment, we all have a responsibility to ensure that this Code of Conduct is respected and adhered to. Please approach an appropriate member of staff if you feel there has been a breach of this Code, or if you have any concerns about any of the above. Recovery College staff will connect with any individuals if there are any concerns regarding the above.

For any queries or suggestions on any of the above, please call 613 540 6165 ext. 34401 or email recoverycollege@providencecare.ca. If there has been a breach of this Code, the College will work with the parties involved towards finding solutions together.
Student Agreement

The Recovery College is committed to providing an environment that embraces diversity and respects the needs of students and faculty members. The Agreement highlights what you can expect from us in regard to our role as facilitators, peer support workers and student advisors and lets you know your role and responsibility as a student.

You can expect us to:

- Provide information and guidance about all courses and resources offered through the college.
- Offer courses and workshops that focus on recovery and wellbeing.
- Provide a safe, healthy and non-judgemental learning environment, nurturing respect and shared understanding.
- Support your learning needs if you require accommodations for learning.
- Support recovery with education, compassion, and respect.
- Respect your views, beliefs, and opinions.
- Welcome your ideas, thoughts, and views about the college and how we might develop.
- Provide access to materials and resources that will support you through the course you are participating in.
- Maintain a focus on learning at all times, rather than on treatment or therapy.
- Respect your right to privacy and confidentiality, and to not disclose your personal information without consent except in situations of immediate danger to yourself or others.
- Acknowledge and celebrate your successes.

We expect you to:

- Select the courses you wish to attend with the intention of completion.
- Make the most of your learning experience by being open to the potential of recovery.
- Work with us to meet your needs and the needs of others, observing the student code of conduct.
- Speak to a member of staff if you are having any difficulty with your student experience.
- Respect the right of staff and fellow students to have different views.
- Treat everyone with courtesy and consideration.
- Respect the privacy of other students and that anything said in a class, course or event is confidential.
- Understand that the Recovery College is not a therapy or treatment centre.
- Share your ideas, thoughts, and views to help the college develop.
- Let us know what additional resources would be beneficial, so you can get the most from your college experience.
- Enjoy yourself!

recoverycollege@providencecare.ca 613 540 6165 ext. 34401 or 34340
Recovery College Enrollment Form

First Name: ______________________ Last Name: _____________________ Pronouns: ________
Address: ___________________________________________________ Postal Code: _______________
Email: ________________________________________ Phone: ____________________________

Preferred method of contact: ☐ Phone ☐ Email ☐ Text
*please notify us if there are specific needs regarding these communication methods

We invite you to connect with a member of staff to develop an individualized learning plan if needed. A staff member can provide assistance to identify goals, hopes and ambitions for your education journey.

Would you like to learn more about developing an individualized learning plan? ☐ Yes ☐ No

Do you have specific learning needs that we should be aware of to help with your learning process? ☐ Yes ☐ No

If yes, please describe. We will make every effort to support your needs.
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Optional: Please identify your interest to enroll in the Recovery College. Please check all that apply (this information will remain confidential)

☐ I have lived experience with a mental health and/or addiction challenges
☐ I am a care provider for someone living with a mental health and/or addiction challenge
☐ I am a family member/friend of someone living with a mental health and/or addiction challenge
☐ I am a volunteer or staff member of someone living with a mental health and/or addiction challenge
☐ I have an interest in mental health recovery

Is there anything else that may impact your involvement at the Recovery College? ☐ Yes ☐ No

If yes, please describe. We will make every effort to support your needs.
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Student Signature: ____________________________ Date: __________________

To return form or for more information please contact us!
Phone: 613 540 6165 Ext 34401 or 34340     Email: recoverycollege@providencecare.ca
Fax: 613 540 6169

CONFIDENTIALITY: all personal and private information, including health information, and personal goal planning are considered confidential. Respect for privacy will be ensured.
Who can attend Recovery College courses?

Anyone aged 18+ who is looking for support or who wants to explore their own wellness. Those who are supporting family members or friends, working in a health and wellness field, and those with an interest in mental health and wellness are welcome to attend. No referral is needed. Please see enrollment information at the beginning of this handbook or use the contact information to learn more.

What happens in a course?

Our courses are interactive, friendly, informative, and fun to help students in their recovery and wellness journey. For most courses, two people co-facilitate each course; one an education and/or clinical expert, and the other an expert with lived experience.

Where will the courses be held?

The majority of courses are held at our main site at 533 Montreal St., Kingston ON. We also deliver courses in community venues across Kingston. Locations for each course can be found in this student handbook.

How much do courses cost?

All courses are free. Registration is required before attending.

How is the Recovery College different from mental health support groups/programs?

Our courses offer a unique learning experience focused on collaboration and knowledge sharing, education, and creativity, to foster empowerment and hope. They are designed with input from those with lived experience of mental health and addiction challenges, clinicians and educators, and informed by the community. Each course has clear learning outcomes and activities to help you explore and build resiliency. Each course is also co-facilitated by a peer facilitator, individuals with personal or family lived experience.

What qualifications do I need to have to attend Recovery College?

None - all of our courses are open to anyone at all levels and during all stages of recovery. All that is required is an open mind and a willingness to participate.