Recovery College
COURSE PROSPECTUS
Winter/Spring 2018
FORWARD

We are all created to create, and everyone in this world has the ability to build our own lives in a beautiful and significant way. How and what we do in life represents how we paint and transform our life’s canvas into our he[art]work. Much like the creation of any great masterpiece, the Recovery Journey is also a process. It is the art of discovering yourself and the world around you through a different set of lenses. We are all learners and creators interconnected through the unique contribution we make in the world around us. Through connection with ourselves, our purpose and our community; we can manifest our dreams into reality. It will be messy, but this is how we progress and how we become the person we envision to be. Share your story and create with us…
Welcome to Recovery College

We believe that everyone can learn something to support themselves or their loved one’s progress on their recovery journey.

Not as a patient, client, caregiver or member of staff, but simply as a student—no previous education required! Learning together with only one shared label of ‘student’, we believe that we can begin to break down the barriers and stigma, and support whatever your background, to benefit from the richness of experience.

At Recovery College we use an educational-based approach to help people recognize and develop their own resourcefulness and awareness in order to become experts in their own self-care, make informed choices and do the things that they want to do in life.

All of our courses are co-developed and co-delivered in partnership with our peer support workers who are experts by experience: they all have their own lived experience of mental health or addiction, or are supporting someone else with a mental health or addiction challenge.

At Recovery College we place emphasis on people’s talents and strengths. We will inspire optimism, encourage students to consider their future opportunities, moving them towards a culture of personal empowerment and feelings of hope.

The Recovery College welcomes everyone in Calgary to attend our free, aspirational courses on recovery and wellbeing. We are open to everyone in the community—service users, professionals, family, friends and members of the public.

All of our courses are interactive and positive learning experiences, emphasizing hope, control and opportunity. We see recovery as a journey, not an end point. Recovery College courses encourage a richer life through learning.

We hope this prospectus will give you the information you need to help you make decisions about registering as a student, and any courses you might want to sign up for. If you have any further questions please do not hesitate to contact us at 403-297-1402 or recovery.college@cmha.calgary.ab.ca
We look forward to meeting you soon!
About Recovery College

Who can attend Recovery College courses?
Anyone aged 16+ who wants to learn more about mental health or addiction. Most of our students are people who have had their own first-hand experience of mental health or addiction challenges. We also have people who are supporting family members and friends, as well as people working in mental health. A referral is not needed.

Where will the courses be held?
In community venues across Calgary. Locations for each course can be found in the course summary.

How much do courses cost?
Nothing! All courses are free but you must register before attending.

Can I register over the phone?
Yes, we can take registrations online or over the phone; if you can’t register online, you can call 403-297-1402.

If the course dates are full, can I just show up?
No. If the course you wish to attend is fully booked, we can add you to the waiting list in case anyone drops out.

What happens in a course?
Our courses are friendly, informative, engaging and enjoyable to help students on their recovery journey. Two trainers teach each course—one an expert by profession, working in their field of expertise, the other is an expert by experience, who will share their own recovery journey as part of each course session.

How is the Recovery College different from other colleges and universities?
Our courses don’t have assessments, so you can learn at your own pace without the pressure of being tested. Also, many of our courses can’t be found at a typical learning institute. We’ve certainly done our research, but the main focus is on what real people have learned from real life experience.

I’m not sure I am qualified to attend Recovery College. Do I need to have completed high school?
No. All of our courses are open to everyone at all levels and at all stages of recovery, all we require is an open mind and a willingness to participate.

How is the Recovery College different from mental health support groups/programs?
Our courses offer more structured learning experiences than a typical group program. They’re designed with input from qualified and experienced educators based on contemporary learning theory. Each course has clear learning outcomes and activities to explore and build knowledge.

I’ve heard Recovery College courses are co-produced. What does that mean?
‘Co-production’ means making things (production) together (co-). It’s a process where people with mental health or addiction challenges partner in the design and delivery of services to ‘co-produce’ new ways of doing things. It places equal value on different perspectives and experiences, working together, sharing a wide range of knowledge and skills. All of our courses are co-produced, meaning each course is put together by people with first-hand experience of mental health or addiction challenges, as well as education skills and expertise about the subject at hand. More often it’s many people putting their heads together, each bringing a range of things to the table to ensure a great course. All of our courses are designed and taught by people with first-hand experience of mental health challenges.

Many of our trainers also have experience supporting loved ones or are working in mental health services. This rich base of life experience ensures our courses focus on what really works for good mental health, and offers many different ways of thinking about mental wellbeing and recovery.

For more frequently asked questions and information, please visit our website: cmha.calgary.ab.ca
Art of Friendship

8 SESSIONS

Healthy relationships are essential for a happy and stable life. To have a good relationship, or to improve an existing one, requires us to use tools and skills that enable us to understand communication styles and perspectives. In this course you will learn about these skills and gain insight into why people may misunderstand us or respond the way they do. Explore ways to move forward in the direction that you choose, as well as look at ways of keeping safe and how to get the most out of relationships. Overall you will have an opportunity to set your personal recovery goals, meet new friends, learn new skills and gain the confidence to fully live life in your community.

WED January 17 – March 7 • 6 – 8 pm
Genesis Centre
**Child care provided**

WED January 17 – March 7 • 10 am – 12 pm
CMHA Orange Classroom
16-24 YEAR OLDS

FRI January 19 – March 9 • 10 am – 12 pm
CMHA Orange Classroom

TUE January 23 – March 13 • 1:30 – 3:30 pm
CMHA Green Classroom

MON March 5 – April 30 • 1:30 – 3:30 pm
East Calgary Health Centre

TUE April 3 – May 22 • 10 am – 12 pm
SE Calgary Community Resource Center

TUE April 10 – May 29 • 1 – 3 pm
Central Library

THU April 12 – May 31 • 1:30 – 3:30 pm
NE Family Connections – Russett Court

A Good Night’s Sleep

2 SESSIONS

Do you have trouble getting to sleep at night? Do you wake up early in the morning? Spend the night tossing and turning? The aim of this workshop is to help you improve your understanding of sleep and ways of dealing with sleep problems. You will cover the effectiveness of your current sleep routine, identify various ways to improve sleep, and discover ways of overcoming sleep problems.

MON January 15 – 22 • 1:30 – 3:30 pm
CMHA Blue Classroom

TUES February 6 – 13 • 1:30 – 3:30 pm
CMHA Orange Classroom

MON March 5 – 12 • 2 – 4 pm
CMHA Green Classroom

Building Better Boundaries

4 SESSIONS

Many things impact our recovery and mental wellbeing and one area is our social interactions. Developing meaningful relationships has a positive effect on our wellbeing and making sure these are positive is very important. This course looks at the basis for positive relationships, how we know when we are being treated with respect, respecting others and how to establish acceptable boundaries. Upon completing this course, you will be able to evaluate the effectiveness of your current boundaries, identify the different boundary types and practice ways to enhance and/or create your own boundaries for a safer and healthier life.

WED January 17 – February 7 • 1 – 3 pm
CMHA Green Classroom

THU January 25 – February 15 • 1 – 3 pm
CMHA Orange Classroom

TUE February 27 – March 20 • 1 – 3 pm
CMHA Orange Classroom

THU March 15 – April 5 • 1 – 3 pm
CMHA Blue Classroom
Conversations that Matter
4 SESSIONS
Do you have trouble starting conversations? Do you quickly run out of things to say? Or maybe people have told you that you talk too much or too loud? Communication can be hard, and it can cause us problems when we want to make friends. Learn how to get better at connecting with other people by building your conversation skills!

**MON** February 26 – March 19 • 10 am – 12 pm
CMHA Green Classroom

Dive into Diversity
4 SESSIONS
A course where you will think deeply about your personal identity and explore themes such as culture, spirituality, socioeconomic factors and race, and how these shape your identity and how we see ourselves and others. In this course you will learn to reflect and move beyond your preconceived biases in an effort to better understand yourself and the people in your life. You will gain a broader view towards inclusion and tolerance, highlight the resiliency gained and needed when experiencing these challenges, and how to authentically express our true selves along our recovery journey.

**MON** January 22 – February 12 • 2 – 4 pm
CMHA Orange Classroom

**FRI** March 2 – March 23 • 10 am – 12 pm
NE Family Connections – Russett Court

**TUE** March 6 – March 27 • 10 am – 12 pm
CMHA Blue Classroom

**WED** April 25 – May 23 (no class on May 9) • 2 – 4 pm
CMHA Orange Classroom

Food and Mood
2 SESSIONS
Everything that goes into your body has the potential to affect your mood. This course will help you to identify foods that nourish your body and soul. You will develop an understanding about nutrition, good health and energy, and explore how you can best achieve optimal health and wellbeing. This course will offer some tools to increase your energy levels, add nutrients that can support more positive daily moods and improve your overall wellbeing.

**FRI** January 26 – February 2 • 10 am – 12 pm
CMHA Orange Classroom

**MON** March 5 – March 12 • 1:30 – 3:30 pm
CMHA Blue Classroom

**THU** April 12 – April 19 • 10 am – 12 pm
CMHA Green Classroom

Keep Calm and Dream On
1 SESSION
This workshop, offered three times a year during common times of reflection, transition and growth (New Year, Spring and Autumn) is open to anyone looking to pause and evaluate their emotions, dream about their future, find solutions and gear up for change. You will use two forms of visualization (the mind map and the vision board) to get your thoughts and feelings out of your head and onto paper. It has been said that where focus goes, energy flows. This is an opportunity to focus on what you want and to visualize it into your life!

**MON** January 15 • 1 – 4 pm
CMHA Green Classroom

Money Basics
4 SESSIONS
Financial Wellness is an integral part of overall wellness, so we partnered with the Further Education Society of Alberta to bring you Money Basics, a course where you will take the first steps in basic financial literacy and develop an understanding of your relationship with money. This course is open to all that are interested in improving their financial wellness by learning money and borrowing basics, exploring their feelings about money, learning how to communicate around it in a healthy way, identifying financial goals, using budgets to work toward them and more!

**MON** January 22 – February 12 • 10 am – 12 pm
CMHA Orange Classroom

**TUE** April 10 – May 1 • 1:30 – 3:30 pm
East Calgary Health Centre
Moving On and Moving Out
4 SESSIONS
Have you struggled to maintain your housing in the past? Or maybe you want to move out of mom’s house? Do you need to find a roommate? Learn how to impress a landlord? Learn how to manage conflict with a roommate or landlord, what the going rate for rent is, how to pay the bills, and how to find low-income housing.

**WED** January 17 – February 7 • 10 am – 12 pm
CMHA Green Classroom

**THU** March 1 – March 22 • 2 – 4 pm
CMHA Green Classroom

**MON** April 9 – April 30 • 6 – 8 pm
CMHA Green Classroom

Road to Recovery
7 SESSIONS
Consists of a series of topics related to the changes that take place for us as we find our way back from a mental health concern. This course focuses on what would be helpful in your life journey. It will assist you with tools to look at who you are now, identify who you hope to become, and what you need to do. This will be done by finding and developing strategies that will help you accomplish that goal, and live your life beyond your mental health challenge.

**TUE** January 23 – March 6 • 10 am – 12 pm
CMHA Green Classroom

**TUE** February 13 – March 27 • 2 – 4 pm
CMHA Blue Classroom

**TUE** February 20 – March 13 (Condensed) • 2 – 4 pm
East Calgary Health Centre

**TUE** April 10 – May 29 • 1:30 – 3:30 pm
CMHA Green Classroom

**MON** April 16 – June 4 • 1:30 – 3:30 pm
SE Calgary Resource Centre

**THU** April 19 – June 7 • 2 – 4 pm
CMHA Green Classroom

**TUE** April 24 – June 5 • 10 am – 12 pm
Eastside Family Centre

**WED** June 13 – July 25 • 10 am – 12 pm
CMHA Orange Classroom

Spoken Word
4 SESSIONS
From the beginning of time, poetry has been used as a tool for expressing our deepest emotions. Using poetry as a way to be heard can be incredibly empowering in our recovery journeys. This course will help you discover and strengthen your voice through a range of poetic devices. You will learn skills in public speaking, rhythm, visual representation, rhyme, and word choice. This course is open to anyone who has a general interest in poetry, writing and self-expression.

**THU** January 18 – February 8 • 2 – 4 pm
CMHA Green Classroom

**THU** February 15 – March 8 • 10 am – 12 pm
CMHA Green Classroom

**FRI** April 13 – May 4 • 10 am – 12 pm
CMHA Blue Classroom

Understanding Harm Reduction
2 SESSIONS
This course gives you a chance to begin to understand what harm reduction is, and how to implement this framework in your everyday life. It challenges you to examine your own biases and judgments to eventually work towards reserving possible judgment that you may feel toward yourself or those around you in order to participate in meaningful relationships.

**MON** January 22 – January 29 • 6 – 8 pm
CMHA Blue Classroom

**TUE** March 13 – March 20 • 6 – 8 pm
SE Calgary Community Resource Centre

**WED** April 11 – April 18 • 2 – 4 pm
Eastside Family Centre Boardroom
COURSES FOR

Caregivers

Finding Your Balance

8 SESSIONS
Are you supporting a loved one with a mental health or addiction concern? Do you feel unsupported? Left in the dark? Perhaps feel confused, frustrated, scared or even angry? The course focuses on the needs of those living with or caring for someone, who are often themselves left unattended to. You will learn to take care of yourself by finding your own balance, create a network of support, learn personal coping strategies, gain useful tools and strategies for supporting yourself in your own role as a caregiver. Most importantly, it has been customized to help you as a caregiver find balance, acceptance and hope. This course is open to all who are looking for support: a sibling, child, parent (of a youth or adult child), friend, a partner or grandparent.

THU  January 25 – March 15 • 6 – 8:30 pm
CBI Health Centre

MON  March 5 – April 30 • 6 – 8:30 pm
South Health Campus

WED  April 4 – May 23 • 6 – 8:30 pm
CMHA Blue Classroom

THU  April 12 – May 31 • 6 – 8:30 pm
East Calgary Health Centre

Finding Your Balance—Bitesize

3 SESSIONS
Are you supporting a loved one with a mental health or addiction concern? Unsure which course to take? This bite-sized course touches on topics most commonly brought up by caregivers such as: maintaining your own wellness, relinquishing control and ownership, improving relations with your loved ones by seeing the positives, and setting limits. This course is a condensed version of our 8 week Caregiver Connections course and has a greater emphasis on providing space for caregivers to connect with others and build their own capacity. Caregivers seeking more in-depth discussion, tools and strategies are encouraged to attend Caregiver Connections.

MON  January 15 – January 29 • 6 – 8 pm
CMHA Orange Classroom

WED  April 25 – May 9 • 2 – 4 pm
Eastside Family Centre Boardroom

Literacy and Parenting Skills

This program is targeted to parents/caregivers with children under the age of 16.

4 SESSIONS
Parenting doesn’t come with a manual and can be extremely tricky! If you are a parent who is looking to expand your toolbox in relation to your parenting skills, then this course is for you. The course will provide you with an opportunity to better understand the impact of parenting on the mental health of their child(ren). This course is offered in partnership with the Further Education Society of Alberta.

MON  January 22 – February 12 • 1 – 3 pm
CMHA Green Classroom

FRI  May 18 – June 8 • 10 am – 12 pm
CMHA Orange Classroom
**Literacy and Parenting Skills for ESL Learners**

This program is targeted to parents/caregivers with children under the age of 16.

**3 SESSIONS**

This course assists with a variety of parenting strategies as well as literacy development. In this course you will gain skills in reading, writing, listening and speaking. The topics covered in this course include listening to your child, building self-esteem, nutrition and safety. Along with learning a variety of parenting skills, you will learn ways to help your child’s literacy development through a range of activities. This course is taught from an ESL based framework and is open to lower levels of English speakers as well as intermediate speakers. This course is offered in partnership with the Further Education Society of Alberta.

**THU January 18 – February 1 • 10 am – 12 pm**  
CMHA Green Classroom

**MON May 14 – June 4 • 10 am – 12 pm**  
CMHA Green Classroom

**WED May 23 – June 6 • 2 – 4 pm**  
CMHA Blue Classroom

**Parenting After Violence**

**6 SESSIONS**

After experiencing a violent situation it can be extremely challenging to navigate the tricky waters of parenting. This course has been designed specifically to support parents who have left an abusive situation and want support with family literacy. This course is delivered with a trauma-informed lens, ensuring that you are able to feel safe and secure throughout the course. This course is offered in partnership with the Further Education Society of Alberta.

**MON April 9 – May 14 • 6 – 8 pm**  
CMHA Blue Classroom

**Caregiver Connections Drop-in Group**

Caregiver Connections provides family members/friends/caregivers of those living with a mental health and/or addiction issue with a customized program to find balance, acceptance and hope. This program is open to all who are looking for support—a sibling, child, parent, friend, a partner or grandparent. The program focuses on the needs of those living with or caring for someone with a mental health and/or addiction issue, who are often themselves left unattended to. There are many supports available to someone living with a mental health and/or addiction issue, but caregivers are often left in the dark, perhaps feeling confused, frustrated, scared and even angry. Through the support of peers with lived experience, family members will learn to take care of themselves by finding their own balance, and creating a network of support.

**MONDAYS Excluding Statutory Holidays • 7 – 8:30 pm**  
Crowfoot Primary Care Clinic

**TUESDAYS January 9, January 23, February 5 & 19, March 6 Begins weekly after March 6, 2018 6 – 7:30 pm**  
South Health Campus Wellness Centre

**WEDNESDAYS • 7:30 – 9 pm**  
Eastside Family Centre

**Relationship Reflections**

**Pre-requisite: Completion of the 8 week Caregiver Connections Course**

**4 SESSIONS**

Relationship Reflections is a journey of personal growth that strives to give you, as a family member or caregiver, the tools to maintain healthy relationships in your personal life. Ensuring that your emotional needs as a caregiver are met is important, given that the caregiver role is frequently engaging in relationships with service providers, friends, and family members. This course delves into topics such as conflict resolution, understanding human behaviour, building trust, and improving communication.

**TUE May 15 – June 5 • 6 – 8 pm**  
CMHA Orange Classroom
Treat Yourself Tuesdays

Treat Yourself Tuesdays allows anyone to drop by to learn and participate in different activities to practice wellness in your everyday life. The benefits of ongoing connection and engagement in activities will be discussed, including evidence as to why it is effective as a long term strategy. Feel free to drop-in to participate and discuss other ideas to achieve, or help maintain, both mental and physical wellness.

No registration required, just drop-in.

EVERY TUESDAY
2–4 pm
CMHA Welcome Space
Welcome Wednesdays

Learn about CMHA and the Road to Recovery. This drop-in group will provide insight on the services provided at CMHA and an introduction about our recovery model. Fun activities and food included. This group is open to anyone connected or new to CMHA.

No registration required, just drop-in. We can’t wait to meet you!

EVERY WEDNESDAY
1-3 pm
CMHA Welcome Space

5:30-7:30 pm
CMHA Welcome Space
COURSES FOR
Youth and Young Adults
(16–24 YEARS OLD)

Adulting 101

4 SESSIONS
Are you aged between 16 and 24? Are you interested in learning more about life skills typically associated with adults. Often, we are not informed in school how to navigate the world in regards to things like finances, accessing health care, dating and relationships, balancing work and play, partying and staying safe, managing the day to day, and the search for meaningful work in the current workforce. This course will provide an opportunity for you to discuss these topics with each other and to learn how to navigate the tricky and often overwhelming world of adulthood.

WED January 24 – February 14 • 6 – 8 pm
CMHA Orange Classroom

WED March 7 – March 28 • 1:30 – 3:30 pm
CMHA Green Classroom

TUE April 3 – April 24 • 6 – 8 pm
CMHA Orange Classroom

Discover Your Voice

2 SESSIONS
This course is targeted towards those aged 16 – 24, who are seeking strategies to feel heard in their personal relationships and the relationships that they have with professionals. The goal is for students to feel that their voice matters, and to tap into various tools to ensure that they are in the driver’s seat of their own lives.

FRI April 20 – April 27 • 10 am – 12 pm
CMHA Orange Classroom

Hopes and Dreams

3 SESSIONS
This Hopes and Dreams course is targeted towards youth aged 16-24 who are looking to figure out what they want to do and what the future could hold. In this course we focus on looking forward, beginning to see a path, a future, and establishing a path to try to achieve the goals set. Included in this course is learning about our own values and priorities to determine what is driving the goals we set. We encourage students to maintain a non-judgmental attitude towards themselves and to view their goals as valid and achievable.

THU May 17 – May 31 • 1:30 – 3:30 pm
CMHA Green Classroom
Making Space For Me
4 SESSIONS

For Family Members and Caregivers Aged 16-24.
Making Space For Me is a course for people aged 16-24 who are family members/friends/caregivers of those living with a mental health or addiction concern. As a young adult living with, or supporting someone, it can often be hard to find balance and your needs might end up on the back burner. As a Youth Supporter in this class, you will learn to understand your emotions, take care of yourself in this process, understand your supports, learn personal coping strategies and be reminded to continue to focus on pursuing your own dreams and ambitions, all through an interactive workshop style.

TUE  June 12 – July 3  •  6 – 8 pm
CMHA Orange Classroom

Managing Your Inner Critic
2 SESSIONS

This course will give you an opportunity to explore how you currently view yourself, your interactions and behaviours to determine if you’re finding your balance and are practicing self-compassion. This activity-based course will invite you to participate in changing the way that you view yourself, and build strategies to challenge negative thoughts. This course is targeted to individuals ages 16 – 24.

WED  January 17 – January 24  •  2 – 4 pm
CMHA Orange Classroom

MON  March 5 – March 12  •  6 – 8 pm
CMHA Orange Classroom

Media and Me
6 SESSIONS

Targeted to youth aged between 16 and 24, this course will introduce you to perspectives on popular culture, identity, and social media. You will learn about issues such as gender, mass media and creative expressions in popular culture and how it can have an impact on our recovery in both positive and negative ways. Upon completing this course, you will be able see the media and pop culture you’re exposed to everyday from a recovery perspective. In-depth topics will include music, film, social media, television, gaming and advertising.

THU  January 18 – February 22  •  10 am – 12 pm
CMHA Blue Classroom

WED  May 30 – July 4  •  6 – 8 pm
CMHA Orange Classroom

Self-Care Starter Pack
1 SESSION

Are you 16-24? Are you looking for practical strategies to help you stay well? Included in this course are some strategies on how to build self-esteem and maintain healthy boundaries in your relationships and everyday life.

MON  February 26  •  2 – 4 pm
CMHA Blue Classroom

TUE  March 20  •  1:30 – 3:30 pm
CMHA Green Classroom
How to Register

If you’d like to sign up, simply go to our website and register for a course. Alternatively, you can register by phone at 403-297-1402.

If you want some more information about a particular course, or want to speak to somebody in person, please get in touch and we’d be happy to help.

403-297-1402
recovery.college@cmha.calgary.ab.ca
cmha.calgary.ab.ca
Course Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, Province, Postal Code</th>
</tr>
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<tbody>
<tr>
<td><strong>Canadian Mental Health Association – Calgary Region</strong></td>
<td>#105, 1040 – 7 Avenue SW</td>
<td>Calgary, AB, T2P 3G9</td>
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<tr>
<td>Central Library</td>
<td>616 Macleod Trail SE</td>
<td>Calgary, AB, T2G 2M2</td>
</tr>
<tr>
<td>Crowfoot Primary Care Clinic</td>
<td>#201, 60 Crowfoot Crescent NW</td>
<td>Calgary, AB, T3G 3J9</td>
</tr>
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<td>Crowsnest Room</td>
<td></td>
<td></td>
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<tr>
<td>East Calgary Health Centre</td>
<td>4715 – 8 Avenue SE</td>
<td>Calgary, AB, T2A 3N4</td>
</tr>
<tr>
<td>Eastside Family Centre</td>
<td>495, 36 Street NE</td>
<td>Calgary, AB, T2A 6K3</td>
</tr>
<tr>
<td>The Genesis Centre</td>
<td>7555 Falconridge Boulevard NE</td>
<td>Calgary, AB, T3J 0C9</td>
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<tr>
<td>CBI Health Centre</td>
<td>North Hill Mall</td>
<td></td>
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<tr>
<td>NE Family Connections – Russett Court</td>
<td>#704, 2631 – 38 Street NE</td>
<td>Calgary, AB, T1Y 328</td>
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<td>SE Calgary Community Resource Centre</td>
<td>2734 – 76 Avenue SE</td>
<td>Calgary, AB, T2C 4W9</td>
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<tr>
<td>South Health Campus</td>
<td>4448 Front Street SE</td>
<td>Calgary, AB, T3M 1M4</td>
</tr>
</tbody>
</table>
CMHA Calgary builds awareness and provides education and support for individuals, families and communities facing mental health or addiction issues or a loss by suicide. We work closely with other community organizations to bridge gaps in the mental health care system and facilitate access to important services and resources.

We support individuals with a mental health and/or addiction concern:

- emotional support and encouragement;
- life skills coaching in areas such as budgeting, nutrition, self-care and wellness;
- referrals for professional, community, and social supports and resources;
- education and awareness around mental health; and
- the development of strong coping skills to manage their recovery.

Our programs include:

**COUNSELLING SERVICES**

**Family Support**

Family and friends often have a difficult time coping with a relative or friend who is experiencing a mental health or addiction concern, and wonder how best to help. Feelings of grief, frustration, anger, sadness, resentment and confusion are common experiences. The Family Support program provides counselling, support, education and information to help people to learn how to deal with these emotions, and to develop healthy strategies to support their loved one and to look after themselves.

**Suicide Bereavement**

The experience of a suicide-related loss is often isolating because of the stigma attached to this type of death. The Suicide Bereavement Support program offers a variety of services such as one-on-one counselling, a psycho-educational support group, individual peer support, drop-in groups as well as educational presentations and debriefings to assist survivors in dealing with these issues.
Education
The Education program works to promote mental health and wellness through engaging, interactive learning sessions presented to youth and adult audiences by qualified educators using evidence-based knowledge and top-quality teaching practices. As well, more advanced skill and resiliency building programs are offered.

Peer Support
Our Peer Support service provides the opportunity for anyone—individual, family member or professional—looking for a connection with others, who is new to the mental health and/or addiction community, or looking for information about a mental health diagnosis, the chance to speak with someone with lived experience.

Street Outreach and Stabilization (SOS)
The Street Outreach and Stabilization program works to link hard-to-reach homeless individuals experiencing mental health issues to essential community services. The SOS team supports individuals with resources needed to help turn their lives around. SOS coordinators offer specialized, culturally inclusive supports to Aboriginal people who have mental health issues and experience homelessness.

Leisure and Recreation
The Leisure Recreation program is available to clients already enrolled in other CMHA Calgary programs. The program focuses on enhancing self-esteem, building confidence and promoting recovery in a safe, empowering environment through participation in social and recreational activities. The program offers opportunities for socialization, building a community network, physical and mental health enhancements, increased recreational skills for community transition, guided activity-based discovery through peer-led activities in the community, and leadership opportunities to mentor peers and explore the community.
ABOUT CMHA

CMHA Calgary has been providing community based programs and services in the Calgary Region for over 60 years. We are part of a national association of 120 CMHAs scattered across the country continuously evolving to serve the needs of our communities since 1918. We work closely and collaboratively with local community serving agencies to foster better system coordination and to share and learn best, or emerging best practices. CMHA Calgary is recognized as a national leader of recovery. Our staff has participated on local, provincial and national working groups. We have been developing and testing recovery model practices with local, provincial, national and international health and social services agencies and their community providers, clinicians and peers.

We are a recovery-focused organization—our programs and services are designed to empower individuals with the tools and resources to live a meaningful life, despite diagnosis or condition. We believe the focus of our programs and services should be less about diagnosis and/or symptoms and focused more on what an individual needs to live independently with an illness or condition. We are proud to walk with individuals living with a mental health or addiction issue and their families as they travel along their recovery journey.

CMHA Calgary would like to thank the following organizations for their contributions to the Recovery College:

Alberta Health Services
CALGARY LEARNS

RBC Foundation
United Way
Calgary and Area

Thank you to Cori Salmon and Olivier Martini for their artistic talents and artwork in this Course Prospectus.