

# RECOVERY COLLEGE AND RECOVERY RECREATION IMPACT REPORT

Thank you for choosing to promote resiliency and mentally healthy communities through your support of Canadian Mental Health Association - Calgary Region's (CMHA Calgary) Recovery College. This program provides students with new knowledge, skills, techniques, and understanding about themselves and their mental health journey. Furthermore, Recovery College includes Recovery Recreation courses where individuals participate in collaborative outings, journaling, meditation, art projects, etc.

This educational approach, including more than 45 unique courses to choose from, focuses on helping people recognize and develop their own resourcefulness, connections, and awareness to support themselves or their loved ones' recovery journey. Your act of generosity, combined with support from community and corporate partners, allowed our program to reach thousands of people this year and contributed to establishing accessible mental health assistance and education within our community.

## Recovery College

supported **2,724 unique individuals**



## Recovery Recreation

supported **1,673 total individuals\***

\*non-unique



**97%**

of participants said they would come back to CMHA Calgary and participate in a Recovery College course



**96%**

of participants said they gained a skill or information to support their wellness during a Recovery College course



**97%**

of Recovery College participants had a good or very good experience in this program



Note: Statistics are calculated from April 1, 2023 - March 31, 2024



Canadian Mental  
Health Association  
Calgary  
Mental health for all

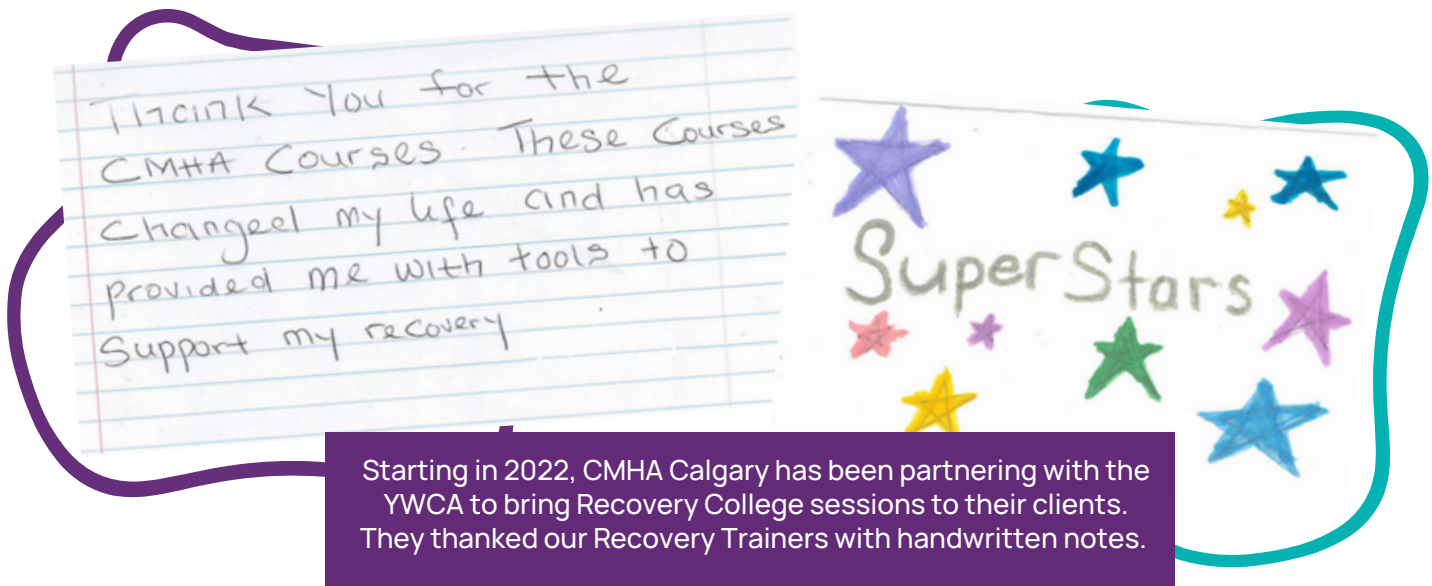


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Attending a course on mindfulness and mental health at Recovery College has been transformative for me. The practical exercises and supportive environment have helped me manage my anxiety and improve my overall quality of life. This experience has truly made a positive impact on my mental health journey!

– Adapted from a Peer Support Worker’s narrative, following a Recovery College session



Your contributions, along with support from all partners, can enable our team to empower each individual served by this program to gain skills and advance in their mental health and substance use recovery journey.

We are deeply grateful that you chose to support our vision of Mental Health For All.

## Stay Connected



[www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)



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