Canadian Mental Health Association
Calgary
Mental health for all

RECOVERY COLLEGE

Strengthening Wellness Through Learning

Recovery College offers free courses and workshops that help people build skills for mental health and well-being. Co-developed and often co-facilitated by people with lived experience, courses provide practical tools, increase confidence, and support personal recovery.



THIS YEAR'S IMPACT

2,187
people participated in Recovery College programming.

THIS INCLUDED:

547
new students building knowledge, resilience, and confidence.

A STORY OF IMPACT

A place to pause, learn, and grow



For many people, the weight of daily life does not pause when support begins. Stress, uncertainty, and mental health challenges can still show up, even in the middle of trying to heal.

That is why Recovery College matters.

One participant in the Road to Recovery course shared that the structure of the class helped create space away from the chaos of daily life. Even when things were difficult, the course gave him time to focus on himself, reflect, and carry what he learned into the rest of his life.

> For this participant, and many others, recovery is not always about one big breakthrough. Sometimes, it is about having a steady space where **learning, connection, and reflection can take root.**

WHY IT MATTERS

Recovery College helps people gain tools, understanding, and a sense of community that extends beyond each session.

What participants learn does not stay in the classroom. It supports them in everyday life, helping them navigate challenges with greater ease.

> With continued support, CMHA Calgary can keep offering accessible learning opportunities that help people strengthen their mental health, build confidence, and move forward.



Build skills | Increase confidence | Find connection | Support recovery

You are not alone. There is always hope.