



# THE RECOVERY

## A C A D E M Y

Register/Pour s'inscrire

[www.recoveryacademy.ca](http://www.recoveryacademy.ca)

1-800-532-4184

## Timetable/ Calendrier

### March- April 2014/ Mars- Avril 2014

**FREE** Courses for supporters (family, friends), persons with lived experience of mental illness and/or substance misuse and service providers/ **Séances GRATUITES** pour personne avec une toxicomanie, un problème de santé mentale, les membres de leur famille ou leurs proches et les pourvoyeurs de service

Family Services Ottawa  312 Parkdale Ave.  7:00 pm to 8:30pm	Coping with Crisis	Monday, March 17
	Signs and clues of addiction	Monday, March 24
	How to support Well-being and Recovery	Monday, March 31
	How to get through the Mental Health and Addiction Maze	Monday, April 7
	How to improve communication	Monday, April 14
	How to deal with problems	Monday, April 21
	Promoting life, preventing suicide	Monday, April 28

Gloucester Public Library  Ogilvie Road  7:00pm to 8:30pm	Promoting life, preventing suicide.	Wednesday, March 19
	How to deal with problems	Wednesday, March 26
	How to improve communication	Wednesday, April 2
	How to get through the Mental Health and Addiction Maze	Wednesday, April 9
	How to support well-being and recovery	Wednesday, April 16
	Coping with Crisis	Wednesday, April 23
	Signs and clues of addiction	Wednesday, April 30

Librairie d'Orléans 1705 ch. Orléans Ottawa K1C 4W2  7:00 pm à 8:30pm	Améliorer la communication	Jeudi 20 mars
	Soutien aux pourvoyeurs de services pour le bien-être et le rétablissement	Jeudi 27 mars
	Quoi faire face à une crise	Jeudi 3 avril
	Comment naviguer le labyrinthe du système de santé mentale	Jeudi 24 avril

**To make a donation give to Family Services Ottawa for the Recovery Academy Program  
Pour faire un don à l'Académie du rétablissement, envoyer à Services à la famille Ottawa**