



# THE RECOVERY

## A C A D E M Y

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

1-800-532-4184

## Timetable/ Calendrier February- March 2014

**Courses for supporters (family, friends), persons with lived experience of mental illness and/or substance misuse and service providers**

Family Services Ottawa  312 Parkdale Ave.  7:00 pm to 8:30pm	Coping with Crisis <b>Xuexin, Jill, Stacey</b>	Monday, February 3
	How to support Well-being and Recovery <b>Xuexin, Jill, Stacey</b>	Monday, February 10
	How to get through the Mental Health and Addiction Maze <b>Jill, Stacey</b>	Monday, February 17
	How to improve communication <b>Jill, Pauline</b>	Monday, February 24
	How to deal with problems <b>Stacey, Pauline</b>	Monday, March, 3
	What you need to know about addictions <b>Jill, Stacey</b>	Monday, March 10,
Gloucester Public Library  Ogilvie Road  7:00pm to 8:30pm	What you need to know about addictions <b>Jessica, Don</b>	Wednesday, February 5
	How to deal with problems <b>Jessica, Kathleen</b>	Wednesday, February 12
	How to improve communication <b>Richard, Don</b>	Wednesday, February 19
	How to get through the Mental Health and Addiction Maze <b>Don, Pauline</b>	<b>Thursday, February 27</b>
	How to support well-being and recovery <b>Don, Kathleen</b>	Wednesday, March 5
	Coping with Crisis <b>Stacey, Kathleen</b>	Wednesday, March 12
Patro d'Ottawa  40, rue Cobourg  7:00pm à 8:30pm	Améliorer la communication <b>Pauline, Richard</b>	Jeudi 6 février
	Comment naviguer au travers du labyrinthe du système de santé mentale <b>Pauline, Richard</b>	Jeudi 13 février
	Quoi faire face à une crise <b>Pauline, Jessica</b>	Jeudi 20 février
	Difficulté à donner des soins et comment y remédier <b>Jessica, Richard</b>	Jeudi 6 mars
	Ce que vous devez savoir au sujet des abus de substance <b>Jessica, Richard</b>	Jeudi 13 mars
	Soutien aux pourvoyeurs de services pour le bien-être et le rétablissement <b>Pauline, Jessica</b>	Jeudi 20 mars

**Courses may be cancelled if there are not enough registrations.**