

Recovery

Recovery has different meanings to different people. When we use the term we mean having the ability to live a satisfying and meaningful life, whether or not there continue to be difficulties with mental health and /or addictions. Three key elements in the narrative of people with lived experience are hope, agency and opportunity.

Hope is central to recovery. If you are unable to see the possibility of a future, why would you want to learn new skills or find new resources.

Agency refers to the gaining of a sense of control. Individuals take control of their difficulties, services and lives.

Opportunity to understand and tell your own recovery story and to join us in using your lived experience to inform learning for other people.



How to register for a session, workshop, or series

Register on line at:
www.recoveryacademy.ca

Register by phone by calling
1-800-532-4184
or
info@recoveryacademy.ca

Recovery Academy

900 Greenbank Rd., Suite 317
Nepean, ON K1J 4P6

www.recoveryacademy.ca

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Recovery Academy



Fall 2014

Sponsored by

FSO | SFO
Family Services Ottawa | Services à la famille Ottawa

Hope, Agency and Opportunity

All our courses are open to everyone whether they identify, as a person currently using the services of mental health and /or addictions agency, a family member, friend or employee of a mental health or addiction agency. The introductory evening sessions are offered FREE to registered students. Donations are welcome.

*The workshops, series, and webinars have a course fee.

For more info about courses www.recoveryacademy.ca or call 1-800-532-4184



Evening Sessions from 7 pm to 9 pm	Date	Location
How to Deal with Problems	Wednesday, September 10, 2014	Gloucester Public Library Rm. B
How to Deal with Barriers to Communication	Thursday, September 18, 2014	Family Services Ottawa
How to Navigate the Addiction and Mental Health Maze	Thursday, October 16, 2014	Family Services Ottawa
How to Cope with Crisis	Thursday, November 27, 2014	Family Services Ottawa
How to Support Well-Being and Recovery	Thursday, December 11, 2014	Family Services Ottawa
*Workshops from 1 pm to 5 pm	Date	Location
Mental Health Act, Privacy and Consent	Saturday, September 20, 2014	Famiy Services Ottawa
Communication Skills	Saturday, October 18, 2014	Family Services Ottawa
How to deal with Difficult Feelings	Saturday, November 15, 2014	Family Services Ottawa
De-escalate Anyone, Anywhere, Anytime™	Saturday, December 13, 2014	Family Services Ottawa
*5 week Series from 6:30pm to 7:30 pm	Dates	Location
Five Aspects of Mindfulness	Tuesday, September 16, 23, 2014 Tuesday, October 7, 14, 21, 2014	Centennial Public Library, Bells Corners