



# THE RECOVERY

## A C A D E M Y

## Timetable/ Calendrier March- April 2014

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

**Register**

[www.recoveryacademy.ca](http://www.recoveryacademy.ca)  
[info@recoveryacademy.ca](mailto:info@recoveryacademy.ca)

1-800-532-4184

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	Tuesday, April 8
	How to improve communication	Tuesday, April 15
	How to deal with problems	Tuesday, April 22
	Promoting life, preventing suicide	Tuesday, April 29

Gloucester Public Library  2036 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

Orléans Public Library 1705 Blvd. Orléans  7:00 pm to 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 au travers du labyrinthe du système de santé mentale	Jeudi 24 avril

**Donate to Family Services Ottawa for the Recovery Academy Program**

