

Recovery College

Course Offerings



Develop your own resourcefulness



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY

Recovery College

Recovery College courses are designed to teach you skills. These will help you recognize and develop your own resourcefulness and awareness in order to support your own or a loved one's recovery journey. All of our courses are developed and delivered in partnership with our Peer Supporters and students who are experts by experience - they have their own personal story of a mental health or substance use concern or are supporting a loved one.



The Art of Friendship

This course will help you learn about yourself – what you say and the way you act can affect your relationships with others. Learning these skills will help you gain confidence in your relationships.



Challenging Procrastination

The time to start is now! Learn how to tackle challenges, stop putting things off, and feel organized and productive every day.



Body Image

In this class you will talk about the pressure society puts on us to look a certain way. You will learn skills about how to feel happier and healthier every day.



Building Better Boundaries

Boundaries affect your mental health! Setting and enforcing boundaries while also respecting the boundaries of others will be explored.



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
CALGARY



Confront the Discomfort

Learn how to recognize, value, and react to important anxiety warning signs in order to deal with anxiety in your life in a more positive and healthy way.



Female Empowerment

Celebrate your strengths, talk about gender identity and equality, and develop a well-rounded perspective on what it means to be a woman today. Do you identify as female? This course is for you!



Finding Your Balance

In this course, built for those supporting a loved one with a mental health or substance use concern, you will learn how to take care of yourself by creating a network of support, learning personal coping strategies, and gaining useful tools to support yourself with hope and acceptance.



Food and Mood

Everything you put into your body affects how you feel – which includes your mental health! Look at why and how you eat and how that impacts your mood and energy levels.



A Good Night's Sleep

Your sleep impacts your mental health in that it plays a huge role in how you feel and act while you're awake. In this course, you will learn about how sleep affects you and different things you can do to make sure you're getting a good night's sleep.



Gender, Sexual, and Romantic Diversity: Community Connections

This course was designed by members of the 2SLGBTQIA+ community to help build community connections. You will explore your identity and learn how being part of the 2SLGBTQIA+ community can help shape your recovery journey.



Hopes and Dreams

In this course you will have the space to explore your future possibilities. Discover and act on realistic, positive, and healthy future goals.



**Canadian Mental
Health Association**
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
CALGARY



Practicing Compassion

The act of practicing compassion helps you to connect with others, and manage your emotions. You will learn how to focus your energy on becoming a part of a community where your efforts are appreciated and valued!



Rethinking Our Thoughts

How and what you think can make you feel better or worse. This course will help you learn about yourself and how your thoughts can affect how you feel and act.



Road to Recovery

The road to recovery is usually not the easiest path, but it certainly is one worth travelling. You will learn how to think and act in ways that move you toward a more meaningful life. This course is an excellent introduction to what Recovery College has to offer you.



In Someone Else's Shoes

You will learn how to recognize individuality and uniqueness in both yourself and others. Learn how to help others who are on their own recovery journeys.



Self-Care Starter Pack

This bite-sized course will teach you ways to take time for yourself, build up self-esteem, and maintain healthy boundaries in order to keep yourself mentally and physically well.



Shades of Self-Disclosure

Sometimes it can be difficult to know what to share, or who to share it with. In this course, you will learn how to be open yet cautious about self-disclosure, making you feel more comfortable when interacting with others.



Taking Charge of Self-Care

Have a lot of fun while you learn about the different areas in your life that require self-love and support! You will get hands-on skill practice and learn ways to include self-care in your daily schedule.



Understanding Harm Reduction

In this course you will learn how harm reduction relates to your everyday life, including substance abuse. Challenge and examine your own biases and judgments.



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
CALGARY

Discovery College

Discovery College is a youth adaptation of Recovery College that has been imagined, built, and led by our young people! If you are between the ages of 16 and 24, come join us to discover the meaning and purpose in your journey. Discovery College is about learning from each other, sharing experiences and ideas, and exploring your own interests and potential outside the limits of mental health. Many of our regular courses are also offered in Discovery College to allow you to learn from other young people.



Adulting 101

You may find that transitioning to adulthood can be tricky. In this course you will explore topics like choice, money, relationships, and self-care. Join this course and learn how to put your adulting skills into practice.



Managing Your Inner Critic

Are you your own worst critic? In this course you will learn how to build strategies to challenge and deal with negative thoughts. Explore how you identify with yourself and your behaviours.



“Recovery means creating the best life possible – satisfying, hopeful, empowered, and contributing – even with the challenges caused by mental health or substance use concerns.”



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY

Recovery Recreation

Recovery Recreation provides you with the opportunity to join various leisure activity groups which are recovery-focused and strength-based. Grow your sense of community while building your individual skills in a positive setting to promote your mental health.



Treat Yourself Tuesday

Participate with your peers in recreational activities while building your leisure skills and connecting with community!



Welcome Wednesday

Nervous about connecting with us for the first time? Join us for a virtual information session to learn about our offerings and get a CMHA Calgary website tutorial.



Feel Good Friday

You can join us for an enjoyable activity to learn about the importance of self-care, mindfulness, self-preservation, and gain skills to maintain a positive, recovery-focused mindset.



Circle of Friends

You can practice your social skills, build friendships, and discover social engagement in a new way. Join us to participate in recreational activities and build your sense of community through discussion.



Virtual Discussion

Practicing open mindedness, tolerance, and expression through a recovery-focused lens are all things you will do in this engaging, discussion-based group.

Registering For a Course

All of CMHA Calgary's Recovery College courses are free for anyone 16+ to attend with no referral needed. All we require is an open mind and a willingness to participate. To register, visit www.recoverycollegecalgary.ca. If you can't find an answer or require help registering for courses, phone us at 403-297-1402 or email us at recovery.college@cmha.calgary.ab.ca.



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY

Additional CMHA Calgary Programs

Peer Support

Our Peer Support service provides the opportunity for anyone looking for a connection with someone who understands what it's like to experience a mental health or substance abuse concern, the chance to speak with someone with personal experience.



403-297-1402



peer@cmha.calgary.ab.ca

Counselling Services

CMHA Calgary offers family support (living and coping with a family member who is suffering from a mental health issue), grief and loss, and suicide bereavement counselling (individual survivors, families and couples to develop an enhanced understanding of their own grief process).



403-297-1708



peer@cmha.calgary.ab.ca



www.communityconnectyyc.ca

YouthSMART

CMHA Calgary's YouthSMART Initiative (Youth Supporting Mental Health and Resiliency Together) integrates mental health learning opportunities in local junior and senior high schools. YouthSMART provides mental health education, proven to generate an awareness of mental health topics, combat stigma, and encourage appropriate help-seeking behaviours amongst Calgary and area youth.



education@cmha.calgary.ab.ca



www.youthsmart.ca

Education Sessions

Adapted to support the many Calgary and area employees who are now working remotely from home, our top-quality, interactive workshops have been re-designed for engaging virtual delivery. These flexible workshops can be offered in 15 – 60 minute sessions and are tailored to meet the unique needs of diverse schedules and work structures. Sessions are delivered through online, web communications platforms including Zoom and Microsoft Teams



education@cmha.calgary.ab.ca

School of Peer Support

Would you like to help others with your experience? We are always searching for individuals and family members from diverse backgrounds to be a part of our peer support movement. Begin by attending CMHA Calgary Peer School. You can learn to use your lived experience with mental health or addiction issues to support your community and make a difference. Visit our website to see if we are accepting new applications!



www.cmha.calgary.ab.ca

Street Outreach and Stabilization

The Street Outreach and Stabilization Program helps address the needs of hard-to-reach individuals by connecting and working with them. The Street Outreach and Stabilization team is often the helping hand that is needed for these individuals to regain control of their lives and their illness.



403-297-1700



www.cmha.calgary.ab.ca



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY

Keeping in Contact with CMHA Calgary



www.cmha.calgary.ab.ca

www.recoverycollegecalgary.ca

www.youthsmart.ca



403-297-1700



info@cmha.calgary.ab.ca



@CMHACalgaryRegion



@CMHACalgary



@CMHACalgary



Canadian Mental Health
Association - Calgary Region



Sign up for our e-newsletter!

www.secure.cmha.calgary.ab.ca/join-our-newsletter



Canadian Mental
Health Association
Calgary
Mental health for all

CANADIAN MENTAL HEALTH ASSOCIATION
recovery college
CALGARY