Canadian Mental Health Association Durham

WELCOME TO RECOVERY COLLEGE WELLNESS CENTRE

THE JOURNEY IS YOURS

RECOVERY COLLEGE WELLNESS CENTRE

cmha@cmhadurham.org

905.436.8760

Helping People Move Forward

At Recovery College Wellness Centre, our educational-based approach focuses on helping people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's recovery journey. All our courses are developed and delivered in partnership with our Peer Supporters who are experts by experience. Each Peer Supporter has their own story of mental illness, substance use, or supporting a loved one.

WE OFFER

Interactive COURSES that create positive learning experiences, emphasizes connection, hoping and belonging

PEER SUPPORTER led courses from individuals who are experts by experience

Customized SCHEDULE developed collaboratively with a staff member to fit your needs as best as possible.

ONLINE COURSES AVAILABLE NOW

- Self paced
- Moderated Daily
- Available during Pandemic

ONLINE COURSES

Wellness Plan

Using the principles and concepts from Wellness Recovery Action Plan (WRAP), you will develop a Wellness Plan to help you during COVID-19 for the social/physical distancing protocols and the impact it may have on you. During this workshop, you will learn what a Wellness Toolbox is and discuss what goes into it. You will also explore your personal stressors, early warning signs, and develop a Support Plan to help maintain your wellness. You will also have the option to create an Action Plan to move forward in the event that your wellness is at risk.

To register for this class email Pam at pamelap@cmhadurham.org

Coping with Fatigue: Taking back Control

COVID-19 is creating one of the biggest changes many of us will experience. The changes are not just happening within our homes but within our communities, country, and internationally. This self-paced course will guide you in how to take back control during this unprecedented time of change.

To register for this class email Kristen at kristenb@cmhadurham.org

Jedi Mindfulness

Mindfulness is a simple and powerful tool that you can practice to help centre yourself. This course will help you harness The Force within you through meditations, DBT based skills, and breathing exercises. You will be able to journal and track the impact that your mindfulness activities are having on your mental and physical well-being and hopefully, create some healthy habits that will carry you through this Pandemic and beyond.

To register for this class email Kristen at kristenb@cmhadurham.org

Spell Book

To combat COVID-19 we are running a marathon of social and physical distancing. And the problem with marathons is that they are long and the sense of achievement is far in the distance. This curated Spell Book of recipes is intended to help you feel a sense of accomplishment. You will be asked to experiment, take pictures, and offer reflections on each recipe result. Fun for the whole family!

To register for this class email Marie at mariel@cmhadurham.org

REGISTER TODAY

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Co-design Program development and implementation