



Canadian Mental
Health Association
Durham

WELCOME TO RECOVERY COLLEGE WELLNESS CENTRE



THE JOURNEY IS YOURS

Helping People
Move Forward



cmha@cmhadurham.org



905.436.8760

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

MORE COURSES COMING!

The Recovery College Wellness Centre Team is hard at work developing more courses just for you.
Stay tuned...



REGISTER TODAY

905.436.8760
cmha@cmhadurham.org



60 Bond St W, Oshawa ON
L1G 1A5

Co-design Program development and
implementation