



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous

Recovery West

Recovery College

2025 Winter
Course Catalogue



Contents

<i>Welcome & How to Register</i>	2
<i>CHIME</i>	3
<i>Campus locations</i>	4
<i>Anger Solutions</i>	5
<i>Bright IDEA</i>	6
<i>Career Kick-Start</i>	7
<i>Connection Between Clutter and Mental Health</i>	8
<i>Effective Communication</i>	9
<i>Embracing Imperfection</i>	10
<i>Emotional Regulation</i>	11
<i>Getting a Good Night's Sleep</i>	12
<i>Goal Setting</i>	13
<i>Living Life to the Full</i>	14
<i>Peer Support</i>	15
<i>WRAP</i>	16
<i>Feedback</i>	17



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[@RecoveryWest](https://www.facebook.com/RecoveryWest)



Welcome to Recovery College!

At the Recovery West Recovery College, we take an education based approach to wellness and recovery. We aim to empower people to become experts in their own wellness and build skills and tools for recovery. Courses are developed and delivered in partnership with peer supporters. We welcome new and returning students who are adults (16 or older) and reside in our service area of Peel Region, Dufferin County, North Etobicoke and West Woodbridge. We look forward to learning with you!

How to Register

Students can register for courses in our online learning platform, Kajabi. You will be prompted to make an account and select your courses. Once you've signed up, you will receive an email confirmation with the date and time for your course. Facilitators will contact you 1-2 weeks before the course starts with a reminder.

Need help with registration? Visit us in the Career Centre during drop-in hours! Open every Monday-Thursday 10:00am-4:00pm, at 601-7700 Hurontario St, Brampton.

To register, scan the QR code or go to <https://cmha-peel-dufferin.mykajabi.com/RecoveryCollege>



I have found staff very caring and welcoming...most staff have first hand dealt with mental health struggles the same way as clients. I have learned a lot about the different types of skills I have and how to apply them to real life scenarios.

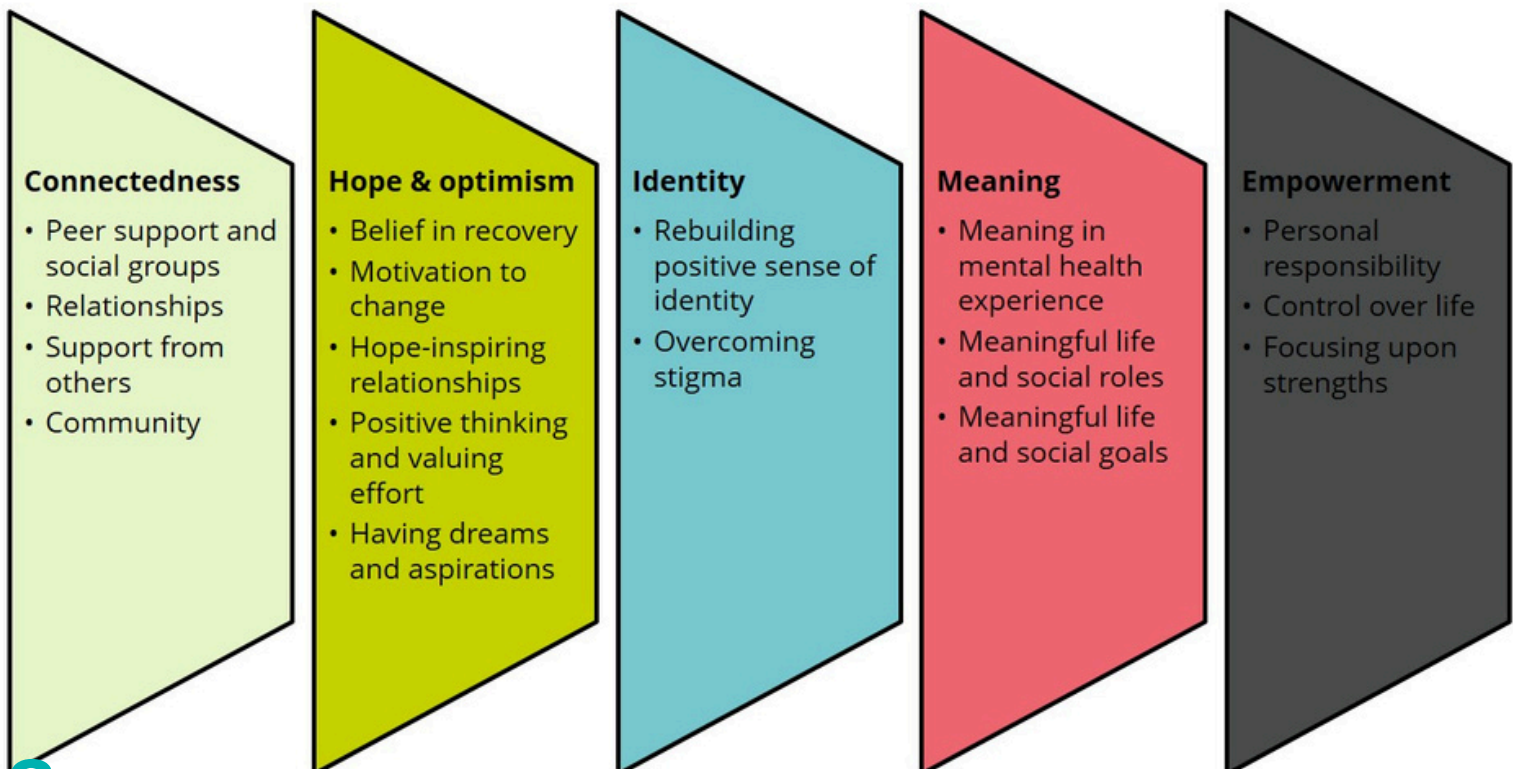
-Tyrice, Recovery College Student



The CHIME Framework for Personal Recovery outlines five things that every person needs in their life to feel and stay well. CHIME guides our work and participation in the Recovery College.

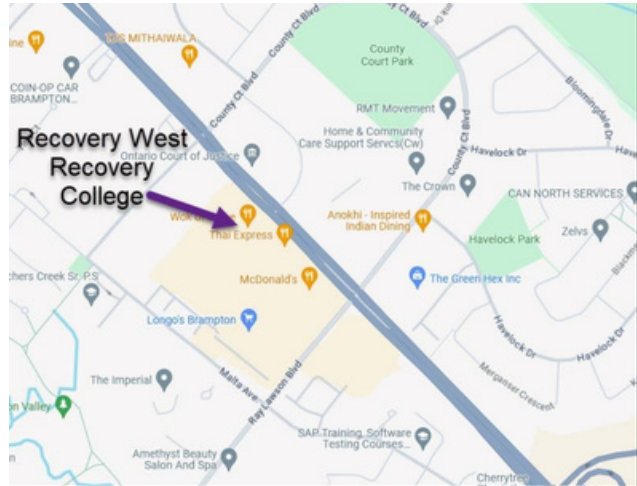
Recovery College courses seek to support the development of connection, promote hope and optimism, build a sense of identity, help students find meaning and feel empowered. CHIME was developed by Mary Leamy et al., and is endorsed by the Mental Health Commission of Canada.

The CHIME framework for personal recovery



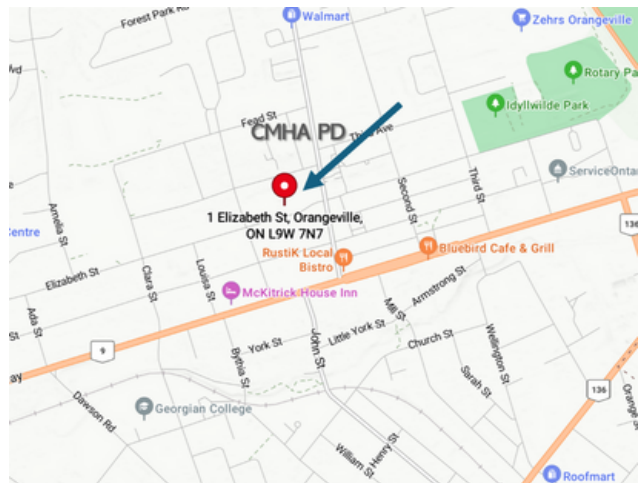
Recovery West Campus

Most of our courses take place at Recovery West, located near the border of Brampton and Mississauga. 601-7700 Hurontario St, Brampton, ON, L6Y 4M3.



Dufferin Satellite Campus

Select courses are available at our Dufferin location. 1 Elizabeth St, Suite L-2, Orangeville ON, L9W 7N7.



Online Campus

Online courses take place on Microsoft Teams. Need help navigating Teams or creating an account? Drop by the Career Centre at Recovery West (601-7700 Hurontario St, Brampton) or contact recoverywest@cmhapeel.ca.

Anger Solutions

9 week course

**NEW
COURSE!**

Course Information

Explore strategies for effectively resolving anger and taking control of your emotions. This course will help you understand how anger develops, discuss the need to take responsibility for your feelings, explore various anger styles, body language, forgiveness, assertive communication techniques, and releasing residual anger. Transform your anger into empowerment!

When and Where

Date: Wednesdays, January 15 - March 12

Time: 2:00-3:30pm

In person at Recovery West

601-7700 Hurontario St, Brampton



Bright IDEA: Intro to Inclusion, Diversity, Equity & Accessibility

NEW
COURSE!

5 week course

Course Information

Bright IDEA offers participants an introduction to Inclusion, Diversity, Equity, and Accessibility. Explore the dynamics of power and privilege and the importance of addressing prejudice and discrimination. Students will engage in self reflection to examine how we each fit into society and experience these elements in different ways, with a goal of creating better understanding with others.

Week 1: Understanding Diversity

Week 2: Power, Privilege and Equity

Week 3: Prejudice, Bias and Discrimination

Week 4: Inclusion and Accessibility

Week 5: Navigating Conflict and Becoming an Ally

When and Where

Date: Mondays, March 17 - April 14

Time: 2:00-3:00pm

*In person at Recovery West
601-7700 Hurontario St,
Brampton*



Career Kick-Start

5 week course



Course Information

This course is designed for individuals entering, or re-entering, the workforce. Our program is dedicated to equipping you with the necessary skills, and mental health strategies to not only prepare for employment but also to successfully find and maintain it. Through interactive sessions, we offer a comprehensive toolkit to aid in the development of a personalized job action plan, setting you on the path to a fulfilling employment journey. Join us and embark on your professional career with confidence and readiness.

Topics include Doing What You Love, Time Management, Identifying Skills & Strengths, Stress Management and How To Be Professional.

When and Where

Date: Thursdays, March 20 - April 17

Time: 11:30am-12:30pm

In person at Recovery West
601-7700 Hurontario St, Brampton





Connections Between Clutter and Mental Health

2 week course



Course Information

In this course, participants will explore how clutter impacts mental health, including its link to stress, anxiety, and decreased productivity. Over two weeks, we will introduce mindfulness practices in cleaning, offering tools to declutter effectively while improving mental well-being. Expect hands-on activities, reflective exercises, and practical tips to create a more organized and calming environment for better mental health and overall well-being.

When and Where

Date: Tuesdays, April 8 - April 15

Time: 12:30-2:00pm

*In person at Recovery West
601-7700 Hurontario St, Brampton*



Effective Communication

4 week course



Course Information

This course is designed to provide a nurturing environment where individuals can set out on a journey of self-discovery, growth, and achievement through effective goal setting strategies. Learn to use tools including SMART goals and Personal Recovery Outcome Measure (PROM) to help inform your goals and strategies. Join us on this empowering journey of self-discovery and goal achievement.

When and Where

Date: Tuesdays February 18 - March 11

Time: 1:30-2:30pm

In person at Recovery West

601-7700 Hurontario St, Brampton



Embracing Imperfection: Understanding Atelophobia

2 week course

Course Information

Join us in a transformative workshop series dedicated to overcoming atelophobia - the fear of imperfection. This welcoming environment offers a blend of insightful discussions and hands-on activities designed to enhance self-acceptance and confidence. Together, we'll learn to embrace our unique journeys and appreciate the beauty that lies in imperfection.

When and Where

Date: Thursdays, March 6 - 13

Time: 11:30am-1:00pm

*In person at Recovery West
601-7700 Hurontario St, Brampton*

Emotional Regulation

10 week course

Course Information

In this course we come together to explore strategies and techniques to navigate and manage our emotions effectively. Through supportive discussions and guided exercises, we aim to cultivate self-awareness, resilience, and healthier coping mechanisms. Join us as we embark on a journey of understanding, growth, and empowerment in managing our emotional well-being together.

Topics include PTSD/Trauma, Mindfulness, Grounding, Mind/Body Connection, Triggers, and Safety.

When and Where

Date: Mondays, January 20 - March 31 (no class Feb 17)

Time: 10:00-11:00am

Online via Microsoft Teams

Getting a Good Night's Sleep

Workshop (single session)



Course Information

Feeling tired? Tossing and turning at night? Trouble falling or staying asleep? The Getting a Good Night's Sleep workshop will discuss the things you can do to help improve your quality of sleep. This educational session explores: the importance of quality sleep, tips on catching more Z's, practicing relaxation techniques, where to get help and more.

When and Where

Date 1: Thursday February 20
Time: 2:00-4:00pm

Date 2: Thursday March 20
Time: 2:00-4:00pm

Date 3: Thursday April 10
Time: 2:00-4:00pm

In person at Recovery West
601-7700 Hurontario St, Brampton



Goal Setting

6 week course

Course Information

This course is designed to provide a nurturing environment where individuals can set out on a journey of self-discovery, growth, and achievement through effective goal setting strategies. Learn to use tools including SMART goals and Personal Recovery Outcome Measure (PROM) to help inform your goals and strategies. Join us on this empowering journey of self-discovery and goal achievement.

When and Where

Date: Thursdays January 23 - February 27

Time: 11:30am-1:00pm

In person at Recovery West

601-7700 Hurontario St, Brampton



Living Life to the Full

8 week course

**NEW
COURSE!**

Course Information

Living Life to the Full is an 8-week course with 90-minute sessions once a week and uses the principles of cognitive behavioural therapy (CBT). The course is led by trained facilitators and guided by course booklets. Participants are taught how to deal with their feelings when fed up or worried and learn skills to help them tackle problems and navigate life transitions and difficulties.

The course provides people with tools to:

- Reduce stress
- Worry and boost mood
- Improve motivation and problem solving-skills
- Change unhelpful thoughts and behaviours

This is a skills enhancing course based on CBT - it is not a therapy group or a replacement for clinical mental health assessment and treatment.

When and Where

Date: Monday January 13 (Orientation Session)

Mondays January 20 - March 17 (8 week course, no class February 17)

Time: 1:00-2:30pm

Online via Microsoft Teams



Peer Support

4 week course

Course Information

This course is an in-depth exploration into the important role of Peer Support in Mental Health recovery. It aims to introduce the various levels of Peer Support within the community and teaches tips and tricks on how to find the right Peer Support for you. Learn what to expect when accessing Peer Support, group norms and values, as well as a glimpse into how to become a Peer Supporter.

Topics each week include:

Session 1: What is Peer Support and “Lived Experience”?
Learning the levels of Peer Support in the community

Session 2: 4 Pillars of Recovery, Peer Support Umbrella, and
Your Support Network

Session 3: What to expect in Group or 1:1 peer support?

Session 4: Becoming a “Peer”

When and Where

Date: Thursdays January 23 - February 13

Time: 2:00-3:30pm

In person at Recovery West

601-7700 Hurontario St, Brampton



8 week course

Course Information

The WRAP (Wellness Recovery Action Plan) process supports the identification of tools that keep you well and the creation of action plans to put them into practice in everyday life. With WRAP, optimism and hope are highlighted along with key recovery concepts and wellness tools, making you an active participant in your own wellness. Discussions and exploration include peer support, stressors, getting to know yourself better, and having hope for recovery.

When and Where

Date: Thursdays January 16-March 6
Time: 10:00am-12:30pm

In person at Dufferin campus
1 Elizabeth St, suite L-2, Orangeville

Date: Mondays January 13-March 10 (no class Feb 17)
Time: 2:00-4:00pm

In person at 314 Boardroom (same plaza as Recovery West)
314-7700 Hurontario St, Brampton



Recovery College Feedback

This semester we are introducing new course evaluation forms for most courses. Your input and feedback is very valuable and helps us make our program better.



National Recovery College Metrics

Did you know that Recovery West Recovery College is part of the Canadian Recovery College Community of Practice? This group would like to explore how Recovery Colleges are impacting the hopefulness of Canadians. The information gathered through this project will support the improvement, sustainability, and expansion of Canadian Recovery Colleges.

Stay tuned for an email in the summer months with a link for you to participate in this national survey.



Recovery College course(s) have been helpful in allowing me to explore my identity and understand what it means to be an individual. The format of the course is very beneficial due to the discussions and conversations it encourages. It guides me in a way that is simplified and easy to digest.

-Zero



I've been in 5+ group therapy settings/mental health classes and this is def one of my faves...it has helped me work through some of my issues and gain new perspectives I hadn't considered.

-Wah



I was fortunate to attend several Recovery College courses at CMHA Peel Dufferin...my experience in Recovery College had a great impact on my recovery by providing a safe place to learn about my struggles with mental illness. Each of the facilitators was very knowledgeable, accommodating, and willing to share their lived experience. I highly recommend looking into what Recovery College courses are best suited to guide you on your recovery journey.

-Brandon





Save the Date!

Winter 2025 Graduation

Thursday April 24

Join us at Recovery West to celebrate graduates from all of our courses as they receive their certificates.

