



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 Spring/Summer
Course Catalogue



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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.

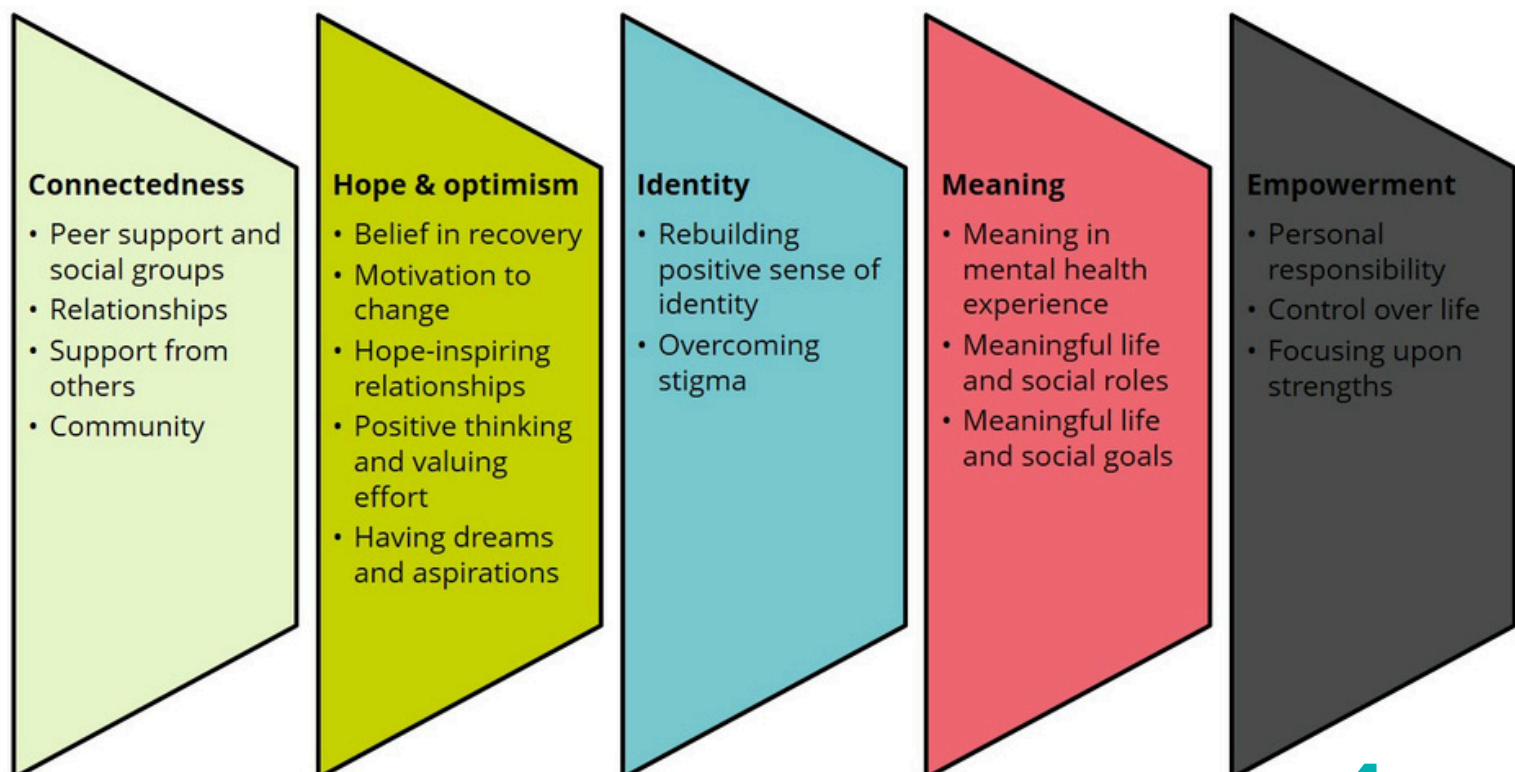
-Tyrice, Recovery College Student



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.

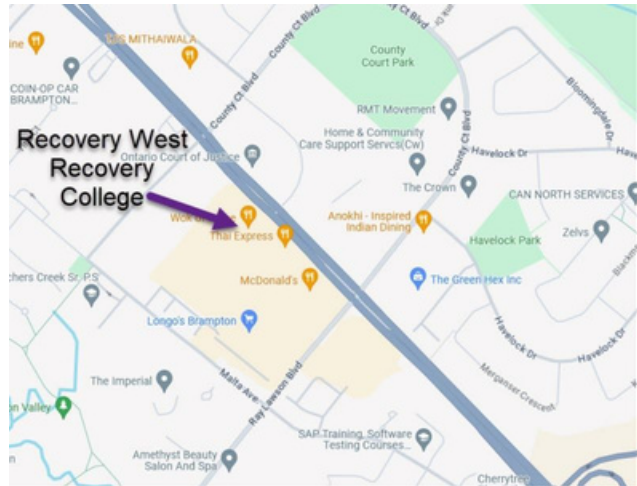
Recovery College courses seek to support the development of connection, promote hope and optimism, build a sense of identity, help students find meaning and feel empowered. CHIME was developed by Mary Leamy et al., and is endorsed by the Mental Health Commission of Canada.

The CHIME framework for personal recovery



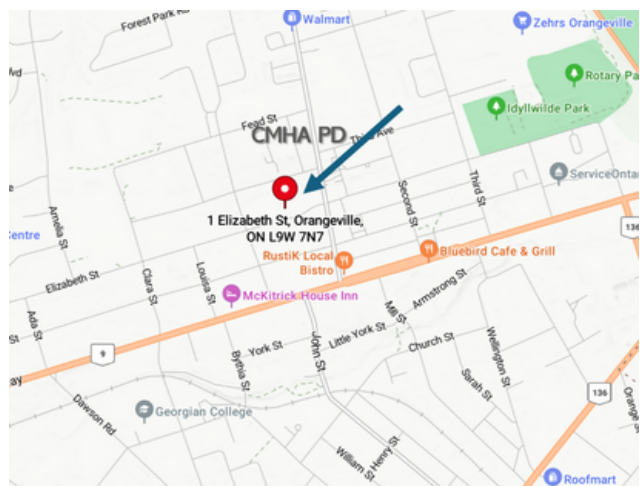
Recovery West Campus

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.

There are no online courses this spring/summer but stay tuned for the fall semester.

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.

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 this term include Cover Letters, Resumes, Selling Yourself in Interviews, Networking and Job Searching.

When and Where

Date: Thursdays, July 3 - July 31

Time: 11:30am-12:30pm

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



Life Skills

10 week series of individual workshops

**NEW
COURSE!**

Course Information

This 10 week course teaches important everyday skills to help with independent living. Each 2-hour session includes a theory part and a hands-on activity to practice what you've learned.

In this new course format, participants can sign up for individual workshops and receive a certificate at the end of the session. You may also register for the full 10-week course and earn a Comprehensive Life Skills Certificate which will be awarded at Graduation in August!



When and Where

Date: Tuesdays May 13 - July 22

Time: 12:00-2:00pm

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

Life Skills

10 week series of individual workshops

Weekly Workshops

Week 1 - May 13

Introduction & Goal Setting

Week 2 - May 20

Time Management & Staying Organized

Week 3 - May 27

Hygiene & De-cluttering

Week 4 - June 3

Managing Stress and Life Changes

Week 5 - June 10

Self-Advocacy & Communicating Your Needs

Week 6 - June 17

Healthy Living (Food, Exercise, and Self-Care)

Week 7 - June 24

Navigating Social Situations and Making Friends

Week 8 - July 8

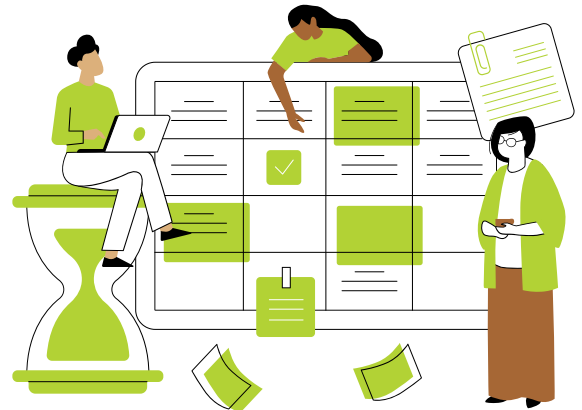
Navigating Social Media and Media Literacy

Week 9 - July 15

Money Management & Accessing Support Services (ODSP, OW, etc.)

Week 10 - July 22

Sleep & Course Reflection



Moving Forward: Leveling Up Post-Service

Single session workshop

**2 DATES
TO CHOOSE
FROM!**

Course Information

Transitioning out of services can be scary for a lot of people receiving mental health and addiction supports. This workshop aims to support the transition process by reviewing the strategies you have developed as part of your recovery journey, helping you navigate other community resources and exploring how to make the most of personal supports.

When and Where

Date: Monday June 9 or Monday August 18

Time: 1:00-2:30pm

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



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 May 8 - May 29

Time: 11:00am-12:30pm

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





Trauma & PTSD Basics

6 week course

Course Information

The Trauma and PTSD Basics course at Recovery College is designed to provide psycho-educational information on stress, trauma, and PTSD. Through six weeks, participants will explore the effects of PTSD on the body, learn self-management techniques, and discuss coping strategies. This course aims to enhance the recovery process for those living with PTSD, as well as provide useful information for anyone with questions about trauma.

It is recommended that students in this course have confidence in their ability to be part of discussions about difficult trauma topics and use coping skills during class when needed.

When and Where

Date: Mondays July 14 - August 11

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 May 1 - June 26
Time: 10:00am-12:30pm

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

Date: Mondays May 5 - June 30 (no class May 19)
Time: 2:00-4:00pm

In person at Community Door Boardroom (up the hall from Recovery West)
601-7700 Hurontario St, Brampton



Recovery College Feedback

This semester we are continuing to use our standard evaluation form in all of our courses. Your feedback helps us to make updates to courses and plan our program. Suggestions can also be dropped off at Recovery West or emailed to recoverywest@cmhapeel.ca.



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 from CMHA Peel Dufferin and CAMH with a link to complete 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!

Spring/Summer 2025 Graduation

Thursday August 21

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

