

Courses and group categories offered through RC YVR

Arts

Participants have the opportunity to use art tools as a method for self expression and create for themselves.

Self-Discovery

Participants are provided with the opportunity to explore topics related to dreams and aspirations.

Wellness

Participants are invited to engage in activities to enhance positive health, quality of life, and sense of well-being.

Social Connection

Participants can share their stories to receive and give support, celebrate successes and strength, and try out some new hobbies with others.

Training

Participants gain knowledge and practical skills which can lead to enhancing one's life and managing mental health and/or substance use challenges.

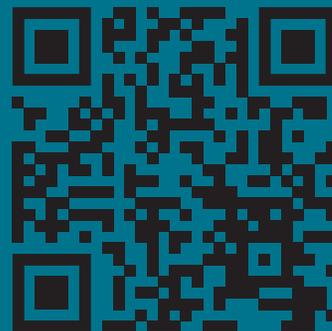
Monthly courses and groups calendar available at recoverycollegeyvr.ca



Learn. Connect. Grow.

Contact us:

info@recoverycollegeyvr.ca



recoverycollegeyvr.ca

2023



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BROUGHT TO YOU BY



Canadian Mental Health Association
North and West Vancouver
Mental health for all

Vancouver Coastal Health

**As people, we are bonded
by our shared histories,
experiences, and emotions.
We grow by coming together.**

**Welcome to Recovery
College YVR.**

What is Recovery College YVR (RC YVR)?

A community wellness learning centre that offers free courses/social support groups where individuals explore mental health and wellness, create meaningful connections, and feel empowered in their journey.

By offering in-person and virtual courses/groups, RC YVR can reach people in settings where access to mental health and substance use services are limited. RC YVR thereby addresses significant service and transitional gaps across the mental health and substance use system.

RC YVR is low barrier

- Free
- No clinical referral required
- Blend of in-person and online course group offerings



Strength in collaboration

RC YVR is a partnership between Canadian Mental Health Association and Vancouver Coastal Health's (VCH) Consumer Involvement and Initiatives program.

Who can participate?

18+ individuals who are interested in strengthening their health and well-being are welcome.

RC YVR is open to BC residents. If there are individuals outside BC who wish to participate, please email info@recoverycollegeyvr.ca and we can connect you with Recovery Colleges across Canada.

Co-production makes us innovative

Recovery Colleges (RCs) are a successful wellness model that centres on co-production. Co-production is the umbrella term where peer facilitators, service providers, and content experts work together as equals to create a course or a service that will improve the quality of life for community members.

Co-production is based on the principle that those who use a service are in the best position to help design it.

Why participate in RC YVR?

- Learn how you choose to define wellness in a supportive, peer driven environment
- Connect in a safe space and create meaningful relationships
- Grow by exploring mental health and wellness related courses and gaining new skills—for free!

