

RC YVR helped
me map-out
my goals...



... so that I can
find my path
to learning.

A safe space to learn, connect, and grow.

Recovery College YVR is an accessible learning environment centred on authentic peer-to-peer knowledge sharing and mental health and/or substance use support.

Enrich your journey with Recovery College YVR.

recoverycollegeyvr.ca
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Map-out your path.

Get to know Recovery College YVR.

Our educators, facilitators, and participants collaborate to provide transformational learning opportunities in the form of short-term courses and social support groups that empower people to pursue meaningful lives on their terms, strengthening the communities we call home.

Participation is by self-referral. You are not required to have a referral from a doctor, a diagnosis, or be a member to participate; all are welcome!

Course Offerings



Self-Discovery

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



Wellness

Participants are invited to engage in meaningful activities to enhance positive health, quality of life, and sense of well-being in many different areas. These can include social, spiritual, physical, emotional, and mental wellness.



Social Connection

Participants have the chance to share their stories to receive and give support as well as celebrate successes and strengths. Also included are opportunities to 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 challenges personally or in the workplace.

In association with:



Canadian Mental
Health Association

Vancouver
CoastalHealth

We respectfully acknowledge that Recovery College YVR operations on the unceded, ancestral, and traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səl̓ílwətaʔ (Tsleil-Waututh) Nations



Real people.
Sharing.
Learning.

