# Alberta Recovery Colleges 2021–22 Lessons Learned



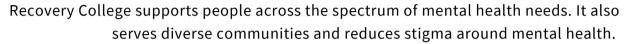


### The Recovery College approach benefits people.

Recovery College provides skills and connections to support peoples' mental health.

Recovery College also has positive impacts on the community and mental health system.

## Recovery College is for everyone.







#### Peers are invaluable.

Peer facilitators are essential to Recovery Colleges. They provide an inclusive environment that helps people engage with their mental health journey.

## Recovery College bridges mental health care gaps.

Recovery College services help people manage crises. Recovery College helps fill mental health care gaps related to waitlists and service inaccessibility.





## COVID-19 has changed the mental heath landscape.

Recovery College has presented an accessible way to support mental health by offering online and hybrid courses.

## The Alberta Provincial Recovery College is growing.

