

Alberta Recovery Colleges 2021–22 Lessons Learned



1

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.

Recovery College supports people across the spectrum of mental health needs. It also serves diverse communities and reduces stigma around mental health.

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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.

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COVID-19 has changed the mental health 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.

Recovery College has grown over the past year and is committed to continued growth and improvement into the future.

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