

FOR IMMEDIATE RELEASE | Fort McMurray, AB – November 5, 2019

Supporting Mental Health and Addiction Recovery.

CMHA Wood Buffalo Region announces launch of Recovery College as part of **ADVANCING RECOVERY COLLEGES IN ALBERTA: Increasing Provincial Access to Mental Health Prevention & Promotion Services.**

Addressing Wood Buffalo's community needs for effective mental health and addiction services, the new **CMHA Recovery College & Welcome Centre** officially opens its doors on **November 14th** and will make it easier for people to access Support .

Peer-to-peer interactions are imperative to promote a healthy society. With this mental health and wellness initiative, peers and course facilitators help participants recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's recovery journey. Everyone; family, friends, caregivers, professionals and members of the general public, are welcome to attend these free courses on recovery and wellbeing. No previous experience or education level is required.

Learning experiences for everyone.

With 11 courses to choose from and more to come, there is something for everyone. They cover topics such as establishing boundaries, dealing with anxiety, creating healthy relationships, beginning your recovery journey, how to stay healthy while caring for someone else, learning positive communication styles, and building personal resiliency. This model has proven to help reduce stigma, and foster connection, belonging, and hope. With this initiative we can increase access to mental health and addiction recovery, prevention and promotion services.

"The Recovery College model gives individuals, family and community members, the skills they need to support their own recovery; developed by people with their own lived experience. The need for mental health supports has increased significantly since the fires and the Recovery College has assisted in bridging this gap of our current needs. With the Recovery College within the Wood Buffalo Region we are able to bring an awareness and create a normalcy surrounding the stigma of mental health issues within our community."

~ Christine Savage / Executive Director of CMHA Wood Buffalo Region ~

With the generous support of the **Government of Alberta**, the CMHA Calgary Region **Centre for Excellence in Recovery and Peer Support** is building a provincial infrastructure that supports and advances Recovery Colleges and Peer Support across Alberta. CMHA Wood Buffalo is among five locations, being part of this 3-year provincial project.

"Recovery is a priority for our government. Albertans deserve the ability to access the recovery services they need to help them live healthy, productive lives. These Recovery Colleges provide important supports from people with real experiences that help support long-term recovery."

~ Jason Luan / Associate Minister of Mental Health and Addictions ~



CMHA Wood Buffalo invites all media to attend the official press conference on **Thursday November 14th at 10am**, followed by ribbon cutting and open house.
111, 8530 Manning Avenue, Fort McMurray T9H 0B7

TOGETHER WE ARE CREATING EFFECTIVE MENTAL HEALTH SOLUTIONS.

Find course and registration information at recoverycollegewoodbuffalo.ca
Follow us on Facebook and Twitter @CMHAWB and Instagram @cmha.woodbuffalo

For more information or to arrange interviews, please contact:

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About the Canadian Mental Health Association (CMHA Wood Buffalo Region)

The Canadian Mental Health Association is a nationwide charitable organization which formed in Canada in 1918, Alberta in 1955, and then in Fort McMurray in 1984. CMHA – Wood Buffalo Region creates awareness, and provides education, and support for individuals and families living mental illness, substance use or a loss by suicide. We work closely with other community organizations to bridge gaps in the mental health care system and facilitate access to important services and resources.

Vision: Mentally healthy people in a healthy society | **Mission:** A nation-wide voluntary organization that promotes the mental health of all and supports people experiencing mental illness. | **Goal:** To provide services to all demographic areas in the region.

Canadian Mental Health Association – Wood Buffalo Region

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