



Give your pain meaning and purpose

Tell Your Story

The Recovery Academy presents an opportunity to tell your story and help challenge the stigma of mental illness and addiction.

When you attend you will:

- Opportunity to share your experience
- Craft your story in a succinct and powerful way
- Inspire others

Saturday
January 24, 2015
1- 4:30 pm

Family Services Ottawa
312 Parkdale Ave.
Ottawa

ADMISSION

\$30

Space is limited so please register
at www.recoveryacademy.ca
Or call 1-800-532-4184



THE RECOVERY
A C A D E M Y

FSO | SFO
Family Services Ottawa | Services à la famille Ottawa

The philosophy of the Recovery Academy is to deliver an educational rather than a therapeutic approach; not treating you but teaching you. The course facilitators use both traditional and innovative approaches to learning... including short video clips developed by people with personal experience of recovery about their individual journeys, what helped and what hindered. This training method really helps to bring recovery alive.