

Webinar

How to navigate the addictions and mental health

Maze

**Monday, January 19, 2015
7:00 - 8:30 PM**

The Recovery Academy presents an opportunity to learn the ins and outs of the local addictions and mental health system.

When you attend you will:

- Explore three ways to navigate the system
- Learn the key barriers to access
- Discuss the challenge of concurrent disorders

Register:

www.recoveryacademy.ca

Limited space



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.