



REFERRAL
PATHWAY

RECOVERY COLLEGE LETHBRIDGE

Canadian Mental Health Association, Alberta South Region



IS THIS PROGRAM/SERVICE FOR ME?

This program/service uses an educational based approach, to help individuals recognize their own resourcefulness and awareness in order to support themselves or loved ones in their mental health recovery journey.

WHO DO I NEED TO TALK TO?

If you call, you will talk to the Recovery College Program Coordinator.

WHAT I SHOULD KNOW ABOUT THE PROGRAM/SERVICE

This program/service can be accessed through in-person courses in the community.

Visit the website to learn about the variety of public courses available. You will be required to register online for the course of your choice.

This program/service is available at no cost.

Access courses here: <https://recoverycollegethbridge.ca/>

CONTACT INFORMATION

 403-329-4775

 426 6 St. S (main office)

 admin@cmhalethbridge.ca

 <https://lethbridge.cmha.ca/>

 Monday-Friday, 8:00am-3:00pm

*Visit to find
more information*

