**Key Messages**

The Canadian Mental Health Association in Alberta’s Recovery Month 2022

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| Messaging  |

September is Recovery Month and a chance to recognize the successes and unique journeys of those facing mental health and addiction challenges.

The Canadian Mental Health Association (CMHA) in Alberta’s Recovery Colleges offer a variety of recovery-focused courses designed for individuals, families, the workplace, and cultural and spiritual communities.

The Canadian Mental Health Association in Alberta’s Recovery Colleges provide skills and connections to support individuals’ mental health journeys. These skills empower people to take control of their lives and support well-being.

The goal of the Canadian Mental Health Association in Alberta’s Recovery College courses is to empower people to manage their own mental health and/or addiction by providing skills, knowledge and tools to build resiliency, confidence, understanding and overall well-being.

The Canadian Mental Health Association in Alberta’s Recovery College courses offer inclusive learning spaces where anyone interested in supporting their recovery journey can access information, support, and community connections to help them along the way.

Recovery is a journey, not a destination.