



Your Personal
Recovery Journey

Explore your own path to recovery!

Your Personal Recovery Journey (YPRJ) is a facilitated in person or virtual education program that offers six **free** modules:

1. **Introduction to Recovery**
2. **Connectedness**
3. **Hope and Optimism**
4. **Identity**
5. **Meaning**
6. **Empowerment**





Your Personal Recovery Journey

Who is it for?

Your Personal Recovery Journey is intended for anyone living with signs and symptoms of a mental illness or mental health problem that affects their lives.

Who facilitates it?

Facilitators are people who themselves have experience with mental illness or mental health problems and who have also experienced recovery in their own lives.

How can I register?

If you are interested in taking YPRJ, speak with your peer supporter (if you have one) or contact your local mental health or peer support organization to express your interest and to find out information about availability of in person or virtual course offerings.

Recovery is not only possible; it is expected! Learn more about the program at yourpersonalrecoveryjourney.ca