



# CAMHS

Community Addiction and Mental Health  
Services of Haldimand & Norfolk

## Achieve Mental Health Wellness & Recovery Centre

We are a member driven community program supporting people, age 16 and over, living with a mental illness, mental health challenge and/or addiction. We support wellness, recovery and quality of life through social recreation and educational opportunities, peer support and advocacy.

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential. The Centre uses a recovery model of service in designing and delivering programs and activities.

The Centre is structured with peer support at its core and foundation. Mental Health Peer Support is a relationship where an individual who has undergone, or is moving forward in their personal journey of recovery from a mental illness, assists other people with mental health issues to identify and achieve life goals as part of their own recovery process. It is about the sharing of life's experiences, listening with understanding, and making connections based on common or shared life experiences and living with an illness.

Experiences of mental illness can provide opportunities for change, reflection and discovery of new values, skills and interests.

The Centre provides individuals with a safe, friendly place where they can socialize, connect, receive and give support with others through shared personal lived experiences.

# ACHIEVE MENTAL HEALTH WELLNESS & RECOVERY CENTRE

The Wellness & Recovery Centre is a member driven program. Centre participants (members) are encouraged to attend monthly planning meetings to share ideas, assist in the development and coordination of Centre activities. Opportunities exist for members to share their skills and talents with others.

## PROGRAMS INCLUDE:

- Individual and group peer support
- Recreation programs, outings, events
- Casual and organized social opportunities
- Member education and training opportunities
- Self-awareness and development activities
- Healthy lifestyle programs
- Art and creative opportunities

## Membership at the Wellness & Recovery Centre provides:

- Access to Centre activities, events, outings
- Receipt of monthly events calendar
- Privileges to attend, contribute at monthly planning meetings

The Centre works actively, through community education to promote awareness and understanding of mental illness and addiction. By destigmatizing mental illness and addiction, doors of opportunity are opened for individuals to grow to their full potential.

## COMMUNITY EDUCATION AND OUTREACH:

- Mind \* Body \* Spirit Wellness Fair
- Igniting HOPE suicide prevention activities
- Mental Health & Wellness Collection housed at Norfolk County Public Library, Simcoe branch
- Public speaking presentation and community information displays

### Wellness & Recovery Centre

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(PHIPA). For details please contact our Administrative office at 519-586-4658