

“...our lives appear to be like advancing spirals. We relapse and recuperate, we decide and rebuild, we awaken to life and recover/rediscover...” - Cohan & Caras, 1998

### Referral Process

- Referrals are accepted from a family physician or psychiatrist
- Referrals may be obtained by phoning the secretary at 416-530-6618
- Completed referral forms may be faxed to 416-530-6076
- Program wait-times may vary

“Recovery is a deeply personal process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful and contributing life.”  
- Anthony, 1993

### How To Find Us

The Recovery Support Program is located on the 4th floor of the Sunnyside Building.



# Recovery Support Program

a Community Mental Health Program

at St. Joseph's Health Centre

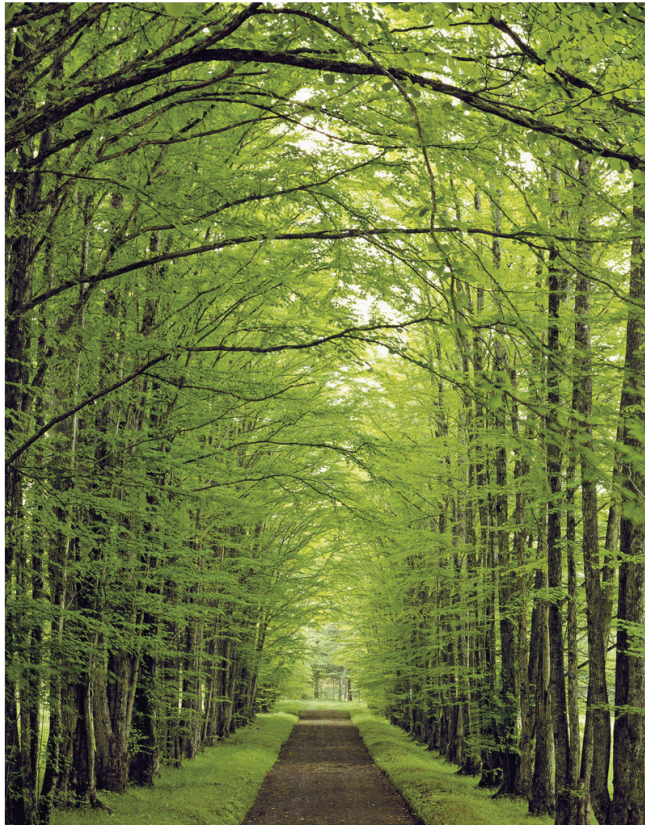
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# Recovery Support Program - Community Mental Health

*“Hope is everywhere. It is springtime and it feels like all living things are trembling into being, still wet and new and fragile and determined to put down roots and grow.”*

*- Deegan, 1996*



## **The Recovery Support Program at St. Joseph’s Health Centre**

The Recovery Support Program recognizes that the recovery process is unique for each individual. The program is based on recovery principles, which emphasize a healing process that is self-directed and self-defined. Resilience, empowerment and healing are the core values of this program.

Clinicians in the Recovery Support Program engage individuals in the exploration and pursuit of their personal recovery goals by:

- Supporting individuals in their recovery journey
- Supporting individuals in rebuilding hope
- Supporting individuals in rediscovering a life worth living
- Supporting individuals in exploring and achieving their dreams and aspirations

## **Who May Benefit**

- Individuals with a mental health diagnosis, including concurrent disorders
- Residents of West Toronto and South Etobicoke
- Ages 19+

## **Who We Are**

Our team consists of nursing, social work and occupational therapy clinicians.

## **What We Do**

- Supportive counseling
- Assist individuals in enhancing coping skills, life skills and self-care
- Linkage to community resources regarding employment, leisure, education, volunteering, etc.
- Advocacy

Individuals meet with a clinician regularly for approximately six months.