

## **Recovery College South East** **(<https://www.activelink.ie/node/93626>)**

**Recovery Colleges provide** connection, hope, identity meaning and empowerment through recovery focused education where the person with the self experience of distress is recognised as the expert.

**Recovery Colleges** work to create spaces where people can come together to share and learn about recovery from mental health and addiction challenges using a co-developed and co-delivered educational framework.

**Recovery Colleges** are driven by the ethos that in order to develop true recovery orientated services, the expert by experience, those with first hand experiences of using our services, become partners in the development and delivery of recovery focused education, alongside family supporters and those that provide the service.

**Recovery Colleges** provides spaces that have the features and facilities of any other college, .i.e. students, an enrolment process, a library, IT access, learning and study supports, clubs and societies, to ensure that it's a place where people can learn about all aspects of mental health and wellness.

### **Contact Info**

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