

## Our Logo

The vision for our logo was to reflect the College's values. Traditionally bluebells are emblematic of humility.

The colours, blue and green were chosen to symbolise tranquility, dependability, trust, knowledge, growth, renewal, strength and health.

## How to get involved

1. **Drop-in** and have a chat.
2. Check out our courses and **enrol** as a student.
3. **Contact us** if you are interested in becoming a **Peer or Professional Educator** (help develop or facilitate a course).
4. **Help spread the word** the College is open.
5. **Have you say!** Tell us what you think.

## Contact

### ACT Recovery College

📍 Unit 2, 9-11 Montford Crescent  
Lyneham ACT 2602

☎ 0490 775 436

🌐 [www.recoverycollegeact.org](http://www.recoverycollegeact.org)

📘 Find us on Facebook  
#RecoveryCollegeACT

### Course Timetable and Student Enrolments:

Check our website or Facebook page.

### Opening Hours:

Our opening hours are subject to change. Please check online or call ahead before you visit.



**ACT**  
**Recovery**  
**College**

## An Introduction to the ACT Recovery College

A place of learning, connection,  
opportunity and hope

learning · connection · opportunity · hope

📘 [www.recoverycollegeact.org](http://www.recoverycollegeact.org)

## Welcome to the ACT Recovery College

The ACT Recovery College welcomes all Canberrans **18 years and older**.

We offer **free** education courses on mental health, recovery and wellbeing.

We provide a **safe** and **non-judgmental space** for people to learn tips and strategies for developing confidence, control and effective self-management tools.

Our courses are **co-produced** by people with lived (consumer/carer) and professional experience.



Mental health recovery means different things to each individual.

“ It’s important to be able to call yourself a student – not a client or patient. Being able to study and be a student has boosted my confidence after seven years of not being able to work or study because of my illness. ”

“ Recovery means I am not cured; but I can get out bed in the morning and be about the business of living. ”

- Participants, Canberra Stakeholder Co-design Workshop, May 2017

We would love to hear what recovery means to you!  
[admin@recoverycollegeact.org](mailto:admin@recoverycollegeact.org)

## Our Core Principles

The ACT Recovery College seeks to promote wellbeing and recovery by empowering individuals with the belief and ability to find and develop their own social, emotional and practical resources. Our College is guided by the following principles:

**Learning:** Promoting person-centred education where the voice of the lived experience is heard and respected in equal partnership with clinicians and professionals.

**Connection:** Enhancing social inclusion and community belonging is central to ‘living a good life’.

**Opportunity:** It’s never too late to learn new knowledge, attitude and skills.

**Hope:** Recovery is possible.