



REHABILITATION and RECOVERY SERVICE

RECOVERY...

- Is possible for everyone.
- Means that someone is not defined by their mental illness; it is only a part of them.
- Is about self-discovery and recognizing one's own strengths.
- Is an opportunity to imagine and redefine the future.

HOPE...

- Is essential for recovery.
- Is a belief that motivates action.
- Increases a person's courage and confidence so they can take the next steps towards their goals.


LEARN MORE

If you are interested in finding out more about the Rehabilitation and Recovery Service that is offered through CMHA Manitoba and Winnipeg, please contact us.

Contact CMHA Manitoba and Winnipeg

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mbwpg.cmha.ca

Supporting the resilience
and recovery of people
experiencing mental illness.

mbwpg.cmha.ca

The Canadian Mental Health Association, a nation-wide charitable organization, promotes the **mental health of all** and supports the resilience and recovery of people experiencing mental illness.



 Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all





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WHAT WE DO

Rehabilitation and Recovery Service uses the Psychosocial Rehabilitation process (PSR) to help people identify their strengths, make changes in their lives, and achieve success in their goals.

OUR PROCESS

READINESS

Determine readiness to choose, get, and keep a role. Develop a plan to become ready, if needed.

CHOOSE

Explore interests, values, and past experiences to determine future goals.

GET

Research and pursue a new role through various activities such as a housing search, job search, submitting applications, or interviewing.

KEEP

Evaluate the needed skills and resources that will lead to satisfaction and success in the new role. Learn skills and access resources to sustain positive change.



ELIGIBILITY

- 18 years or older
- Resident of Winnipeg
- Mental health diagnosis

HOW TO APPLY

- Register for an Information Session by visiting our website or contacting us by telephone.
- Attend the Information Session.
- Submit an Application.
- Submit a Clinical Reference form.
- Once application is received in full and space is available, meet with an Intake Worker for an in person meeting.

WHAT TO EXPECT

Rehabilitation and Recovery Service works with adults who have a mental illness, including those with a co-occurring disorder (mental illness and substance abuse or dependence).

Our service assists people to choose, get, and keep roles in one of the following areas:

- Housing
- Employment
- Education
- Socializing

WORKING TOGETHER

The partnership between the person and the Rehabilitation Worker is based on mutual respect. Both persons have knowledge and ideas to contribute.

Rehabilitation requires active participation. Determination and effort are required to make major life changes.

CMHA Manitoba and Winnipeg has chosen the daisy as a symbol of hope for mental wellness.

