
WORKSHOP ABSTRACT

RecoveryAcademies, we show how we do it in Flanders and Brussels!

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A Recovery Academy (RA) provides an open course offer on various themes related to recovery and resilience.

The offer is open to any citizen with a desire to learn around their mental recovery, their loved ones (neighbor, family, caregiver) are welcome as well.

The offer is unique, and stands for co-creation at all its levels!

- People with lived experience and a caregiver, teach a course together.
- They run the academy in co-creation.
- Partners in a region do subscribe the key-principles of an Recovery Academy and work together based on the principle of subsidiarity.

Based on our course "yourself and recovery," we show in

the workshop, how we work in a course around the themes of: Connectedness, Hope, Identity, Meaning, Making choices and dealing with life's difficulties.

The workshop will be given by a professional and a PEER worker, it will be a moment of learning together and sharing experiences.

We will briefly discuss the critical success factors of an RA and address the questions of the participants.