

Community Connections

We focus on:

- ◆ establishing productive roles and routines
- ◆ improving cognitive skills
- ◆ learning new and enhancing skills e.g. meal planning and preparation, computers



- ◆ socializing with new friends
- ◆ one-to-one interventions

- ◆ education (e.g. money, diabetes)
- ◆ personal exploration

Hours

Monday to Thursday
8:30 a.m. - 3:00 p.m.

Contact

Providence Care
Community Connections
Recovery Program
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*Supported by the South East Local Health
Integration Network.*

Providence Care

www.providencecare.ca

*Providence Care will lead the way
in compassion and discovery.*

September 2010

Community Connections Recovery Program



*A supportive environment for clients
to learn skills and coping strategies
for community living.*

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Providence Care

Community Connections

is a community-based, individualized rehabilitation program that offers a supportive environment where individuals can learn skills and coping strategies necessary for successful community living. The program helps individuals to regain valued roles and to continue along the path to their own recovery.

Recovery is described as a process of regaining what may have been lost as a result of an illness: hope, rights, roles, responsibilities, dreams, and goals.

Community Connections works collaboratively with individuals experiencing a persistent mental illness:

- ♦ to provide a safe and supportive environment that enables individuals to regain their confidence skills
- ♦ to provide opportunities for participation in personally meaningful and socially valued occupations
- ♦ to support and empower individuals to become contributing members of the Kingston community.

In this environment, all persons are considered equal and capable. Individuals are empowered to evaluate and direct their own solutions; meaningful and rewarding participation is key to the program's success.

In order to best meet the needs of the individuals living with mental health issues in the Kingston community, we take feedback from clients of Providence Care and other interested individuals regarding what types of group activities would help them along their recovery journey.

Interested?

If you are interested in attending the program call Community Connections to set-up an appointment or speak to your health care professional.

For the first appointment, you will meet with an occupational therapist to discuss your goals, values and meaningful activities. Together, you will both determine if the program meets your needs and goals.

Eligibility requirements: You must be followed by a medical doctor.

