



It is important for youth peer support workers **to identify the needs, goals and support necessary for recovery because it looks different for everyone**



We believe **recovery is possible for all people and our work is constantly informed by this core belief.**



Recovery is **person-centered, meaning it is informed by a person's unique circumstances and way of life**



Recovery can be seen as an **ongoing, non-linear journey** of exploring coping strategies and supporting overall wellbeing.

RECOVERY

Recovery can have many different definitions.

In order to become leaders in our own treatment and help others, we must first understand what recovery means to us and what it means to others.



Recovery is also about possibilities and opportunities in which the person gets to decide where they want to go, live, work, study and who to spend time with