

What is recovery?

“a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.”

(Substance Abuse and Mental Health)

I am working on building a healthier relationship with food.

I am working on healing from loss that I've experienced.

I'm wanting to be more mindful of my substance use.

I'm working on my mental wellbeing by meeting like-minded peers!

Across all ages, nearly
1 in 5 Canadians
meet the criteria for a
mood, anxiety, or
substance use
condition each year.

(StatsCAN 2025)

Recovery, in all its forms, is deeply tied to emotional well-being. Yet many people report feeling unprepared to navigate it or support others through it.

Our vision

Post-secondary communities where addiction recovery is visible, valued, and supported for everyone.

Connect with us!

Scan the QR code to access our website and socials!



Email:
recoverycommunity@ucalgary.ca | **Phone:**
403-210-6081

get to know the UCalgary Recovery Community



**Recovery
on Campus**



**Quality
Money**

What we offer

Find your community

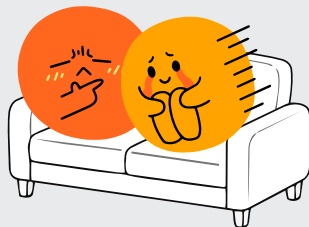
Drop-in Space

Pull up anytime to study, chill, or take a breather.



Peer Support

Connect with people who get it — no pressure, just real understanding.



Substance-free Events

Fun, free, low-pressure events where you can just show up and enjoy.



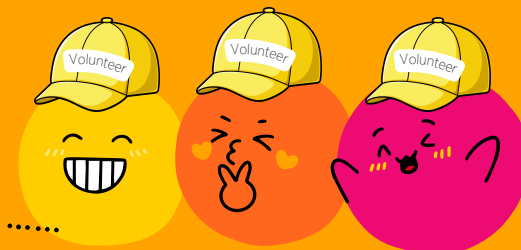
"[the UCRC is] somewhere that I can be respectfully challenged, and that gives me the opportunity to become a better person. Most importantly, when I'm at the UCRC, I don't feel alone."

-Undergraduate Student, 2024

Build your resume

Volunteer Opportunities

Build experience, meet new people, and make an impact.



"I've been privileged to be part of a vibrant community committed to fostering positive change through connection, support, and empowerment. My objective [as a volunteer] is to provide people with the same degree of support and encouragement that I have received from the UCRC"

-Recovery Champion Winner, 2024

Workshops and Training

Build widely applicable skills, gain practical tools, and earn certificates through Recovery Ally Training, ROC Talks, and Lunch and Unlearn sessions, all designed to support recovery and well-being.



Support your education journey

Awards and Scholarships

Funding and recognition to support your journey.



Research Opportunities

Get involved in meaningful projects and help shape campus recovery.



Substance-free Residence Housing

Live somewhere that supports your goals and well-being!

"If it were not for the UCRC, my mental health and education aims would have been a disaster. I hope that programs such as this will be adopted at other schools, as I believe they are essential if we hope to reduce stigma surrounding addiction"

-Graduate Student, 2024