

LANCERS RECOVER

The Lancers Recover Program is a peer-to-peer student recovery program at the University of Windsor that provides an intentional and affirming space for all students who identify as being in recovery or are interested in / seeking recovery from problematic substance use or other addictive behaviours.



We strive to help students achieve personal and academic success by connecting students with shared lived experience, normalizing the recovery identity on campus, providing a recovery-informed space that encourages intersectional voices, and facilitating social activities for students without the use of alcohol or other drugs.

WE OFFER:

- Weekly recovery meetings*
- One-on-one and group support*
- Community building*
- Substance-free events and fun activities*
- Educational training sessions and recovery allyship training*
- Consultation and outreach*
- Peer accountability*
- Volunteer leadership positions*
- Community and campus resource referrals*

CONTACT US



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*/LancersRecover
Program*



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LANGERS RECOVER



ABOUT US

WHAT IS RECOVERY?

Recovery (from alcohol, drugs, and/or behavioural addictions) can mean anything you want it to, and is unique to each person. Recovery is a journey. It is not a single event, but a process with ups and downs which occurs over time, with ongoing work. Recovery is a dynamic process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Recovery is built upon a foundation of hope - the belief that the challenges and conditions of addiction can be overcome (SAMHSA, 2012)

WORKSHOPS

RECOVERY ALLY TRAINING

Recovery Ally Training is designed to increase understanding of addiction, decrease stigma and bias associated with it, and to provide specific tools and language for effective allyship. During this session, facilitated by Lancers Recover staff, participants will use a recovery-informed lens to understand their role as allies and gain knowledge of available resources to support students who use substances or are in recovery from substance use.



GET SUPPORT

Struggling with your own substance use? Join us to find a community of people with similar lived experience.



GIVE BACK

Feel good in your recovery? Join us to share your experience, strength and hope with other students.



LEARN MORE

Whether you are someone with lived experience, or an ally to the community, help us build a recovery-friendly campus!

For more information email us at:

lancersrecover@uwindsor.ca