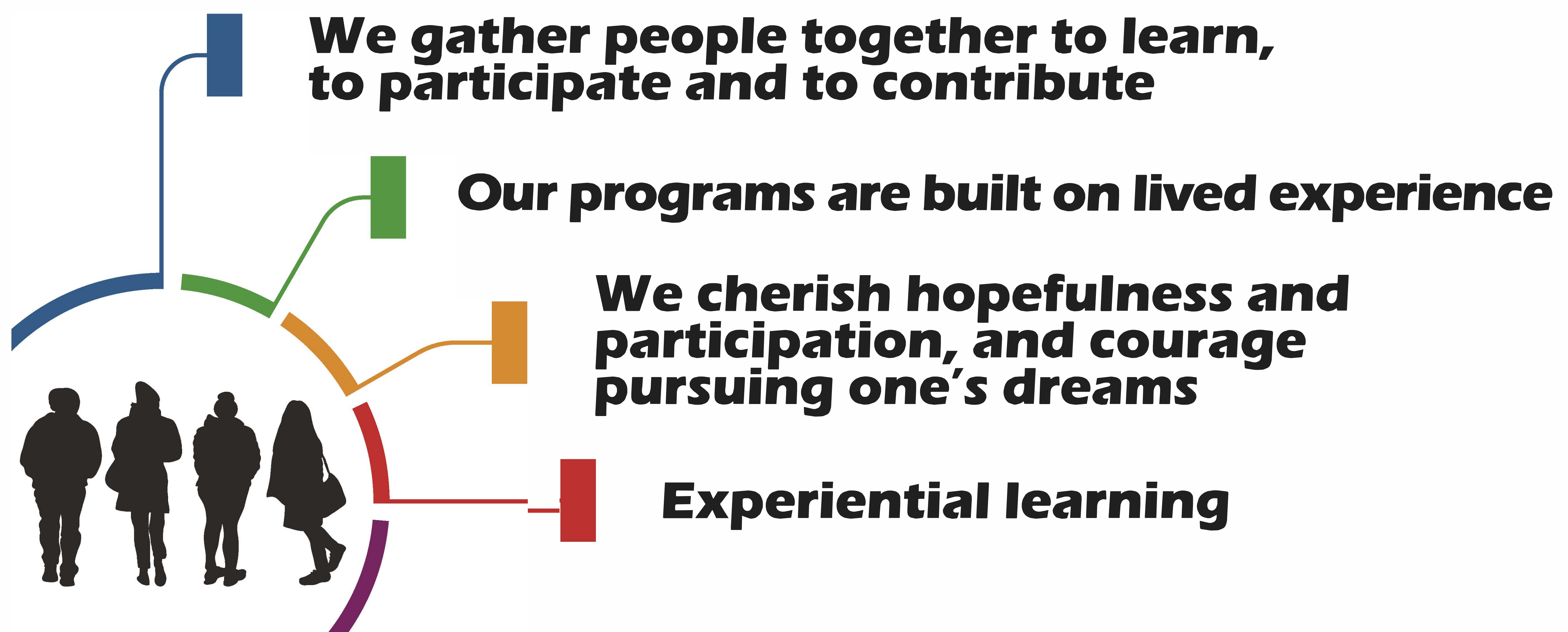


Mielen Recovery College

**PARTICIPATION
REGENERATION
HOPE AND JOY**

**For service users, carers,
professionals, students, and
everyone who wants to promote
their own recovery, well-being, and positive mental health**



Recovery
College



Mielen ry
(NGO)
organization

mielen.fi

Everyone can recover!

Educational activities: courses on well-being, lectures about human relations, emotions, and sexuality. Joint learning, peer support groups, methods of outdoor adventure education.

Experiential activities: trips, educational outdoor activities, exploring and utilising the welfare effects of nature, and visiting culture events.

Voluntary work: possibilities to volunteer, for example, to conduct a hobby or a peer group, a trip, or a workshop.

The experts by experience program: for people with mental health and/or substance abuse challenges. Education, support, and possibilities to undertake tasks as certified experts by experience.

