

# Internet Resources Describing Recovery

## Overview

Recovery Canada is a non-profit member managed group who's goal is to provide community based mental health peer support following the methods of Dr. Abraham Low. The group is not affiliated with any religion. Its purpose is to help individuals struggling with depression and anxiety through supported practise of the cognitive behavior methods described in Abraham Low's books.

## Internet Resources

Recovery International and Recovery Canada provide several online resources. This page provides Internet links that can be used to access further information describing Recovery.

The Hamilton group hosts a blog page with meeting information. On the right hand side of the page there is a field called "**Follow by Email**". Fill out your e-mail and click submit. You will receive a message asking you to confirm your e-mail address, if you click on the link you will receive updates.

<http://recoveryhamilton.blogspot.ca/>

The Canadian website provides telephone numbers for group leaders in Canada. See:

<http://recoverycanada.org/>

The Chicago based web site provides links to several of the worksheets we use, has an online store that sells the primary text **Mental Health Through Will-Training**, as well as describes the program. See:

<https://www.recoveryinternational.org/>

A brief history and overview of the Recovery method and organization can be found on Wikipedia:

[https://en.wikipedia.org/wiki/Recovery\\_International](https://en.wikipedia.org/wiki/Recovery_International)

Some details about Abraham Low are presented here:

[https://en.wikipedia.org/wiki/Abraham\\_Low](https://en.wikipedia.org/wiki/Abraham_Low)

Cognitive Behavioral Therapy (or CBT) is the modern term used to describe the category of methods developed by Dr. Abraham Low. This term did not exist when Dr. Low wrote his books. Much has been written about CBT in the last 30 years. Wikipedia has a very thorough article on the subject. See:

[https://en.wikipedia.org/wiki/Cognitive\\_behavioral\\_therapy](https://en.wikipedia.org/wiki/Cognitive_behavioral_therapy)

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Meetings: Tuesday 7:30pm, Binkley United Church, 1570 Main Street West, Hamilton Ontario