

RECOVERY IS POSITIVE AND ACHIEVABLE

Celebrating life and hope in recovery from addiction

Life in Recovery from Addiction in Canada

CCSA conducted the first survey of individuals in recovery in Canada



There are many pathways to recovery

The most common included:



LIVES ARE IMPROVED

91% reported a positive quality of life

IN RECOVERY

IN ACTIVE ADDICTION

96%



Stable Housing

65%

79%



Steady Employment

53%

94%



Paying Bills on Time

42%

90%



Family Activities

31%

67%



Volunteering

14%

“ Recovery gives me freedom, it gives me choice. It allows me to follow my dreams. I am no longer chained to my addiction. ”

How can I support recovery?

- Reduce stigma and barriers
- Support quality programs and services
- Reflect principles of recovery in your work
- Join the recovery movement in Canada!

Visit www.ccsa.ca to learn about Canada's National Commitment to Recovery from Addiction and to read the full report.



Canadian Centre on Substance Use and Addiction

Evidence. Engagement. Impact.