



Lancers Recover

AT THE UNIVERSITY OF WINDSOR



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.

Supporting Your Wellness Journey

Lancers Recover Provides:



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

Meeting Formats: All Recovery, SMART Recovery

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.

To request Recovery Ally Training through the University of Windsor for your class, club, group, or society, please scan the QR code and fill out the form below!



Meeting Info (2022-23): Every Friday 3-4pm in CHS 275-A

For more information, email lancersrecover@uwindsor.ca

