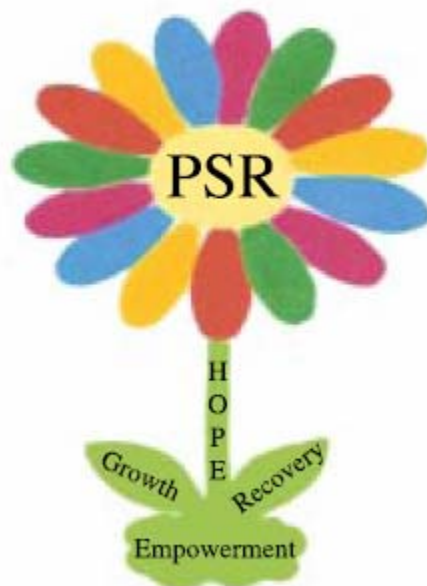




Capital Health

# Growth and Recovery Technology used on Maritime Hall



## **Growth and Recovery Technology is a tool to help you:**

- Identify your strengths
- Learn more about yourself
- Review your current skills
- Learn new skills
- Re-establish roles
- Develop new roles
- Identify what supports you will need when you are discharged

## **Growth and Recovery is a client - driven approach**

You are the expert in what your desires, goals, dreams and ambitions are. Your practitioner will assist you with the technology needed to reach these goals.

## **Growth and Recovery is non - judgemental**

Your values will be a guiding force in your growth and recovery work. These values will never be judged or questioned.

## **Growth and Recovery is a hopeful approach**

Growth and recovery work is based on the belief that with the proper support and information you will reach your greatest potential.

## **Growth and Recovery is an empowering approach**

You will choose if you want to participate in growth and recovery work. You will decide what your goal will be and you will determine how fast the work will proceed.

## Growth and Recovery will promote:

- Self Esteem
- Dignity
- Self Respect
- Confidence
- Empowerment
- Independence
- Healthy Relationships
- Increased Functioning
- Community Integration
- Self – Fulfillment
- Hope



**The Treatment Team on Maritime Hall has been trained in the use of Growth and Recovery Technology**

## Other Information

### **Nova Scotia Hospital Maritime Hall**

Nova Scotia Hospital,  
377 Pleasant Street  
Dartmouth, Nova Scotia B2Y 3Z9

Phone (902) 464-3023  
(902) 464-3022  
Fax (902) 464-6172

### **Looking for more health information?**

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