

SUPPORT

Problem Solving in LifeLong Learning


ENIK RECOVERY COLLEGE

A Peer Support College | Area of Reference: Motivation


Short Description


The Enik Recovery College is a recovery college that offers a learning environment for like-minded people-peers- who are facing serious life challenges. With its focus on learning together, it's a recent innovation on empowering people to overcome their life situations. For that very reason, recovery colleges are also known as Schools of Life. Enik Recovery College is unique as it is 100% run by peers. Peer support for Enik is distinct from other forms of social support in the way that the peertrainer and peer trainee stand on the same level and are equal in their life-experience. As they say at Enik, peer support is a two-way road to exchange each others knowledge, with experience and mutual help.

Enik Recovery College
Mental resilience through Peer support



Peer Support
Enik Recovery College is a learning environment and meeting point for mental health recovery. Enik is 100% run by peers. This means that everyone at Enik shares similar lived experience.
All who struggle with disruption caused by a mental health disorder or addiction are welcome to find peer support and inspiration to strengthen their mental resilience.


Our locations (Streekt City and surrounding regions)


We at Enik strongly believe in the power of peer support and sharing knowledge and strategies for coping and wellbeing. Our peer support is based on equisidence, hope, mean-

Available Media



[Click here to See Enik's Informative Video](#)

Good Practice Website

<https://www.enikrecoverycollege.nl/>

