

WRAP®

Wellness Recovery Action Plan Program®

WRAP® is an educational planning process grounded in mental health recovery concepts such as hope, education, empowerment, self-advocacy, and interpersonal support and connection.

WRAP® is facilitated by peers, for peers. In this hands-on workshop, people with mental health experience will work together to design their own Wellness Recovery Action Plans in practical day-to-day terms to get well and stay well.

FRIDAYS
MARCH 29- MAY 31, 2019
10 00 - 12 00 PM
1541 JANE STREET

Call 416-645-7575 ext 2715
For registration

Information Session
Friday March 22, 2019
10:00-12:00 pm
1541 Jane Street

For more information on WRAP visit
www.mentalhealthrecovery.com/wrap/



TOKENS WILL BE PROVIDED