

Intensive Training Opportunities for WRAP

WRAP®:
Wellness Recovery
Action Plan®



WRAP

Wellness Recovery Action Plan

THE ONTARIO TRILLIUM FOUNDATION
FONDATION TRILLIUM DE L'ONTARIO
This project is funded by a Grant
from The Ontario Trillium
Foundation



WRAP:

- Is a structured, facilitated, peer-led self management process
- Offers each participant an opportunity to develop an action plan in a group setting

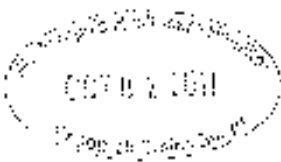


Groups support people living with mental illness to find effective strategies for wellness and recovery.



Participants will identify:

- Coping tools
- Triggers (things that make you unwell/ill)
- Family/friends/providers who can support your recovery plan



If you are interested in joining a group in your area, please call:
Mental Health Rights Coalition—905-545-2525

Group Start Date: Tuesday, November 29—Wednesday, November 30

Time: 10 am to 4 pm - Light Lunch provided

Location: 143 Wentworth South

Group participants will be invited to take part in an exciting research study measuring recovery outcomes related to WRAP!

St. Joseph's
Healthcare Hamilton

MHRC Hamilton
20 Jackson St. W.
Hamilton, ON L8P 1L2
635-545-2525
Fax: 905-545-0713



Ontario
Trillium
Foundation



Consumer
Survivor
Initiative of
Niagara