

**WRAP®:
Wellness Recovery
Action Plan®**



WRAP

Wellness Recovery Action Plan



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:
905-522-1155 x 36446

Group Dates:	8-Week Group
	Friday, February 10th to Friday March 30th
Time:	1:30 pm to 4:00 pm
Location:	Crest Conference Room, 100 West 5th, SJHH

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



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