

Family Wellness Recovery Action

Plan

Dates: Wednesday March 4, 11, 18, 25 2020 4 week WRAP

Times: 11am-3:30pm

Location: 17 Paris Street, Alliston Ontario L9R 1J3

FWRAP® is an 4-week self-help workshop based on the original Wellness Recovery Action Plan (WRAP®) program. Together we explore ways to support our struggling loved one without losing ourselves. Cost: Free.

Wellness, Recovery, Action, Plan

Family WRAP covers the following:

Wellness toolbox for Individual and Family

Daily maintenance plan Individual and Family

Identifying triggers and an action plan Individual and Family

Identifying early warning signs and an action plan for Individual and Family

Signs that things are breaking down and an action plan for Individual and Family

Crisis planning for Individual and Family

Post crisis planning for Individual and Family

Recovery Topics for Individual and Family

How do I register?

Participation is FREE. WRAPhub maintains a wait list for WRAP groups; those already on the wait list will be given priority. For more information, to register or to be added to the wait list, please contact

Zebina at z.virji@krasmancentre.com or 647-286-1452.

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WRAPhub 

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Inspiring Excellence in Peer Support One Connection at a Time

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