



Winter WRAP 1 at the Georgina Public Library Keswick Branch

What is WRAP

Wellness Recovery Action Plan is a program for people who want to increase their feelings of wellness and empowerment in their lives. WRAP is a simple self-help system for identifying personal resources and then using those resources to stay well and help you when you feel unwell. WRAP involves exploring with peers, in a non-judgmental, accepting environment, what we're like when we are feeling well, unwell, when things are breaking down, and when we are in crisis. We explore and develop our wellness tools to improve and maintain our wellness, learn how to take better care of ourselves, and create better support networks and coping strategies. WRAP does this through five key recovery concepts: hope, personal responsibility, education, self-advocacy & support.

When and Where?

Wednesday's February 26, March 4, 11, & 18 2020 4 week WRAP

11am-3:30pm

Georgina Public Library-Keswick Branch 90 Wexford Drive Ontario L4P 3P7

Who can participate?

WRAP can benefit anyone. The focus of WRAP is to develop personal wellness tools that help you cope with stress, manage crises and enjoy life more fully. People who experience mental health challenges and/or substance use concerns, consumers/survivors, peer supporters, and those who want to work more on their personal recovery wellness and recovery are welcome to attend. WRAP 1 is a requirement for WRAP2 Facilitator Training.

Delivered by the WRAPhub through the Krasman Centre with funding supported by the Ontario Central LHIN. This location is wheelchair accessible.

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 prior before registering new participants.

**To register please contact Zebina Virji at 647-286-1452 or
z.virji@krasmancentre.com**

