

Peer Support Pathways to Wellbeing

presents

WRAP[®]

WELLNESS RECOVERY ACTION PLAN[®]

SEMINAR 1

Wellness Recovery Action Plan is a program for people who want to increase their feelings of wellness and empowerment in their lives. The focus of WRAP is to develop personal wellness tools that will help you cope with stress, manage crises and enjoy life more fully. WRAP is a simple self-help system using five key recovery concepts: **Hope, Personal Responsibility, Education, Self-Advocacy & Support.** We explore and develop wellness tools to improve and maintain our wellness, learn how to take better care of ourselves, and create better support networks and coping strategies.



Who Should Attend?

EVERYONE!!!

People who experience mental health challenges and/or substance use concerns, consumer/survivors, peer supporters, and those who want to work more on their personal wellness and recovery are welcome to attend.



Contact Us

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10am - 5pm - Tuesdays
MARCH 19, 26 & APRIL 2, 2024

REGISTER NOW



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Aurora Public Library

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