



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

INTRODUCTION TO WRAP

Join us over Zoom
Tuesdays 2-3:30pm

Jan 12 to Feb 2, 2021

FREE!

Week 1 - What exactly is WRAP? Jan 12

Explore the 5 Key Concepts and their importance to our overall well-being

Week 2 - What am I like when I am Well/Unwell? Jan 19

What does it look like for me? Why is it important to know?
What Effective Wellness Tools am I using and/or open to?

Week 3 - What are Early Warning Signs? Jan 26

How can this awareness help me navigate my own mental health?

Week 4 - What does being in the Driver's Seat of my own well-being look like? Feb 2

Explore what living my best life can look like.

In order to receive the WRAP Certificate, participants need to register and complete the **WRAP Workshop**. The WRAP Workshop is not available presently as it requires in-person participation. As soon as CMHA returns to the community, we hope to offer the WRAP Workshop. Stay Tuned.



TO REGISTER CONTACT
PEERMENTORS@CMHAHRB.CA
PLEASE INCLUDE A PHONE #
WHERE YOU CAN BE REACHED