



**Canadian Mental  
Health Association**  
Halton Region Branch  
*Mental health for all*



## Introduction to WRAP

**Tuesdays, 2 to 3:30 pm**

### **Week 1 – What exactly is WRAP?**

**Apr 13**

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

### **Week 2 – What am I like when I am Well/Unwell?**

**Apr 20**

What Effective Wellness Tools am I using and/or open to?

### **Week 3 – What are Early Warning Signs?**

**Apr 27**

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

### **Week 4 - What does being in the Driver's Seat my own well-being look like?**

**May 4**

Explore what living my best life can look like.

The full WRAP Workshop is not available presently as it requires in-person participation. There will no WRAP certificate given for this intro workshop. As soon as CMHA returns to in-person service, we hope to offer the WRAP 1 Workshop. Stay tuned.

To register contact [peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)

Please include a phone # where you can be reached