



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



Introduction to WRAP

Thursdays 2 to 3:30 pm

Week 1 – What exactly is WRAP?

June 3

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

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

June 10

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

Week 3 – What are Early Warning Signs?

June 17

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?

June 24

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
Please include a phone # where you can be reached