



Introduction to WRAP Workshop

No Certificate

Wellness Recovery Action Plan

WRAP is an organized way for you to list all the things you do, and all the things you have done or might like to do or try, to help yourself feel better, get well and stay well.

We will offer the full WRAP certificate workshop in person when we can. Stay tuned.

What exactly is WRAP? Sept 16

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

What am I like when I am Well/Unwell? Sept 23

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

What are Early Warning Signs? Sept 30

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

What does being in the Driver's Seat of my own well-being look like? Oct 7

Explore what living your best life Can look like.

Where: Free over Zoom

When:

Thursdays

10:00 to 11:30 AM

4 Week Workshop

Sept 16 to Oct 7, 2021



Canadian Mental Health Association
Halton Region Branch
Mental health for all

To register, contact
peermentors@cmhahrb.ca
Please include a phone #
where you can be reached.