



# 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? Oct 19

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

### What am I like when I am Well/Unwell? Oct 26

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

### What are Early Warning Signs? Nov 2

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? Nov 9

Explore what living your best life Can look like.

**Where: Free over Zoom**

**When: Tuesdays  
2:00 to 3:30 PM**

**4 Week Workshop  
Oct 19 to Nov 9, 2021**



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

To register, contact  
[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)  
Please include a phone #  
where you can be reached.