



TOPICS

- Developing a Wellness Tool Box
- Identifying Stressors
- Recognizing Early Warning Signs
- Creating a Daily Maintenance Plan to Support Wellbeing
- Exploring Lifestyle Changes in Support of Ongoing Wellness
- Reconnecting with the Possibility that there are No Limits to Recovery and Wellness

WRAP WELLNESS RECOVERY ACTION PLAN

Create a plan specifically for **your** needs that will allow **you** to support **your** wellness in ways that work for **you**.

WRAP is an evidence-based **8 week program** for anyone who is ready to make positive changes in the way they feel and react to life's stressors.

When: Every Wednesday for 8 weeks
Oct 5 – Nov 23, 2022

Time: 5:30 – 8:00pm

Where: Halton Hills Public Library
9 Church St, Georgetown

REGISTRATION REQUIRED

Email peermentors@cmhahrb.ca
Kindly include a phone # where you can be contacted to complete the registration.

8 weeks must be completed in order to receive the WRAP Certificate



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

HALTON HILLS PUBLIC LIBRARY

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