

Mental Health & Addiction Recovery WRAP Series

Wellness Recovery Action Plan

A module workshop for people who experience mental health or addiction issues

A Wellness Recovery Action Plan is an individualized system for self-monitoring and responding to mental health and addiction challenges

Participants develop their own Wellness Recovery Action Plan (WRAP), define their own wellness and goals while learning recovery concepts, skills and strategies.

This is a nine week educational support series

WRAP includes

5 Key Concepts, (Hope, Education, Personal Responsibility, Self Advocacy, and Support)

Wellness Toolbox

Daily Maintenance Plan

Triggers and Action Plan

Early Warning Signs and Action Plan

When Things are Breaking Down and Action Plan

Crisis Planning

Post Crisis Planning

Recovery Topics

For more information and to register please call the
Consumer Survivor Development Program at 519 371-4582

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