

Wellness Recovery Action Plan (WRAP)

# Facilitator Training Opportunity

With support of the Central LHIN, **The Krasman Centre** is providing **FREE WRAP® Facilitator Training**. Consumers/Survivors, people who experience mental health challenges and/or substance use concerns, Peer Supporters, and others who want to support their peers in wellness and recovery are eligible to attend.

This training is for anyone who would like to facilitate Mental Health Recovery and WRAP groups. **You must have completed your own personal Wellness Recovery Action Plan (WRAP)**. This is usually done by participating in a WRAP group led by a certified WRAP facilitator. If you have not yet completed a WRAP, you can contact the Krasman Centre to find out about NEW opportunities to participate in a WRAP group this winter. WRAP groups are happening throughout the Central LHIN area from February-May this year!

The WRAP Facilitator training is a unique learning environment. You'll learn through discussion, interacting with your peers, and practice in a welcoming and accepting learning environment. You can use this training while working as a peer support worker, to facilitate or lead WRAP and other recovery groups, and to help you feel more comfortable doing presentations or speaking about recovery, wellness, and related issues to organizations or groups.

**When?** 5-day training (9am-5pm each day).

**Option 1:** Newmarket, Ontario

Mon. March 10, Tues. March 11, Wed. March 12, Thurs. March 13,  
AND Friday March 14, 2014

**Option 2:** Richmond Hill, Ontario

Mon. May 26, Tues. May 27, Wed. May 28, Thurs. May 29,  
AND Friday May 30, 2014

If you are interested in participating in this rare and exciting opportunity, please complete the application form and return it to us **by Monday February 24, 2014**. More information and updates will be available on our website: [www.krasmancentre.com](http://www.krasmancentre.com)