

# NEW group coming near you! Wellness Recovery Action Plan (WRAP)

With support of the Central LHIN, The Krasman Centre is providing opportunities to participate in Wellness Recovery Action Plan (WRAP) groups throughout South Simcoe Country, York Region, and Northern Toronto areas of the Central LHIN. Consumers/Survivors, people who experience mental health challenges and/or substance use concerns, Peer Supporters, and others who want to work more on their personal wellness and recovery are welcome to attend!

Participation is **free**. Some limited transportation support is available if you need it.

## What is WRAP?

Wellness Recovery Action Plan (WRAP) is about living in new and different ways that promote growth, recovery and wellness. WRAP is a simple self-help system for identifying personal resources and then using those resources to stay well and help you when you feel badly.

WRAP involves exploring with peers, in a non-judgmental, accepting environment, what we're like when we are feeling well, unwell, when things are breaking down, and when we are in crisis. We look at and develop tools and resources we have to improve and maintain our wellness, learn how to better take care of ourselves, and create better support networks and coping strategies.

WRAP does this through five key recovery concepts: hope, personal responsibility, education, self-advocacy and support.



## Who can participate?

Wrap can benefit anyone. The focus of Wrap is developing personal wellness tools that help you cope with stress, manage crises and enjoy life more fully. **If you aren't sure WRAP is for you, call us!**

**Where?** WRAP Groups will be taking place in: Georgina, Alliston or Bradford, Newmarket, Vaughan. Additional groups may be in Richmond Hill and/or Markham.

**When?** This winter and spring! Groups are running from February – May 2014 with most groups starting in February and March. Watch out for groups starting soon near you. Visit [www.krasmancentre.com](http://www.krasmancentre.com) for more information or call 905-780-0491 ext: 125 (Toll-free 1-888-780-0724) for updates.