



## **Wellness Recovery Action Planning (WRAP)**

WRAP is about living in new and different ways that promote growth, recovery and wellness. It's an opportunity for participants to focus on hope, personal responsibility, education, self-advocacy, and building support. In a group setting, people develop a list of wellness tools that can be used to plan how they will keep themselves feeling well in day-to-day life, employment, volunteering or education and training opportunities.

- Q. Who is WRAP for?
- A. 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.

### **NEXT WRAP SESSION**

**DATE:** Start date January 8th – February 26th  
8 Week Program

**TIME:** 6:30 p.m. – 8:30 p.m.

**LOCATION:** Gerstein Crisis Centre  
1045 Bloor Street West

**T.T.C. Fare and Refreshments Provided**

If you would like more information, please contact  
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