



**NEXT
START
DATE**

Wellness Recovery Action Planning (WRAP)

**Monday
Oct. 15, 2007**

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 should attend WRAP?

- A. Individuals** who are interested in developing the WRAP wellness tools and how they can assist them in achieving success in employment, volunteering or education and training opportunities.

NEXT WRAP SESSION

DATE: Monday(s), Oct. 15, 2007 – Dec. 10, 2007

TIME: 1:00 p.m. – 3:00 p.m.

LOCATION: South Riverdale Community Health Centre
955 Queen St. E. (Queen & Carlaw)

ROOM: First Floor – 1 East

REGISTRATION: Have your case manager fill out a referral form and forward it to Suzanne Rolling, E-mail: srolling@tecss.com; Fax: 416-462-0623
by Friday, Oct. 5, 2007