

What Next! Peer Support Drop-in Centre

Wellness Recovery Action Plan

New Wellness Recovery Action Plan (WRAP) group will be starting in February at What Next!

Limited spaces still available! New members are always welcome!

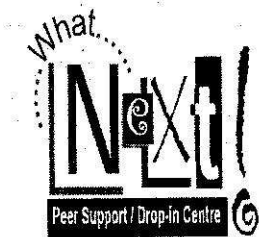
WRAP is a simple self-help system for identifying personal resources and then using those resources to stay well and help you when you feel badly.

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.

The group will run for 8 weeks at What Next! on Friday afternoons starting on February 26th.



What Next! Peer Support Drop-in Centre

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**For questions on WRAP
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