



FAMILY WRAP WORKSHOP - WRAP® Wellness Recovery Action Plan

- Are you supporting a family member with mental health challenges?
- Participants explore ways to improve their own wellbeing as well as the wellbeing of their family unit.
- Family WRAP® is an **8-week program** exploring the Key Concepts of Recovery and putting an action plan in place for our wellness
- It is an evidence-based, **peer-led**, personalized wellness and recovery plan.

www.copelandcenter.com | mentalhealthrecovery.com



- Psychiatric Survivors Ottawa has been offering Family WRAP® since 2012 in collaboration with our community partners.
- We are the agency designated by the Champlain LHIN to coordinate WRAP® services across the Champlain area.

RECOVERY HAPPENS

We are honoured to partner with The Oasis in Kanata to offer a group series at Glen Cairn United Church.

Tuesday evenings from September 11th to October 30th from 6:00 - 8:30pm

To register contact: Melissa Yaxley-Stillman
613-567-4379 ext. 115
MelissaYS@pso-ottawa.ca

