



ISLAND COMMUNITY
MENTAL HEALTH

Presents

WRAP

Wellness Recovery Action Plan

WRAP is an evidenced based self-management and recovery system developed by a group of individuals who had mental health difficulties and wanted to incorporate wellness tools and strategies into their lives.

WRAP is designed to decrease and prevent intrusive or troubling feelings and behaviours, increase personal empowerment, improve quality of life, and assist people in achieving their own life goals and dreams.

WRAP is for anyone who wants to create positive change in the way they feel, or increase their enjoyment in life.

WRAP is a structured system to monitor and eliminate uncomfortable and distressing feelings and behaviours. It also includes plans for responses from others,

People who are using WRAP say: "It helps me feel prepared." "I feel better more often and I'm able to improve the overall quality of my life."

WRAP for Young Adults
(19-30)
8 Fridays 2pm - 4:30pm
October 9 - November 27

125 Skinner Street

To register, or for more information, please
contact Don:(250) 384 – 4225

peersupport.bcscs@shaw.ca