

Wellness Recovery Action Planning (WRAP) for Families

**8-Session Workshop
from 6:30-8:30 pm on the
following dates:**

Monday, April 23rd

Monday, April 30th

Monday, May 7th

Monday, May 14th

Monday, May 28th

Monday, June 4th

Monday, June 11th

Monday, June 18th

Free of charge. Limited space.

Registration is required.

Facilitators: Elaine Miller and
Rhonda Parson

WRAP for Families takes a practical, self-help approach to care and recovery for all members of the family.



For more information or to register contact the **Family Resource Centre** at familyresourcecentre@ontarioshores.ca or call 905-430-4055, ext. 6970

What Does *WRAP for Families* do?

- Identifies what we need to do every day to be well
- Helps with planning to effectively deal with things that make life difficult
- Focuses on promoting the well-being of family members by enhancement or acquisition of new skills and a better understanding of ourselves and loved ones