



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

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Your Recovery Journey with WRAP

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What is Your Recovery Journey with WRAP (Wellness Recovery Action Plan) ?
An online course of the Schizophrenia Society of Saskatchewan that consists of 5-sessions for people with lived experience with mental illness to provide information and skill building support. It teaches people how to achieve a high level of wellness.

Who Should Attend?

People with lived experience with mental illness.

Location: Online - Zoom

Time: 6:30 to 8:30 PM

Cost: Free



Schedule	All Sessions are 2.5 hours
January 12, 2026	Recovery and quality of life
January 19, 2026	Wellness toolbox and daily maintenance
January 26, 2026	Triggers, early warning signs, breaking down
February 2, 2026	Crisis plan, post crisis plan
February 9, 2026	Recovery topics



CONTACT US

Phone Maria Alvarez at: (306) 584-0755

Email: maria@schizophrenia.sk.ca

