



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
September 11, 2023	Recovery and quality of life
September 18, 2023	Wellness toolbox and daily maintenance
September 25, 2023	Triggers, early warning signs, breaking down
October 2, 2023	Crisis plan, post crisis plan
October 16, 2023	Recovery topics

Space is Limited - Register today!



CONTACT US

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