

Your Recovery Journey with WRAP

A REASON TO HOPE, THE MEANS TO COPE

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.

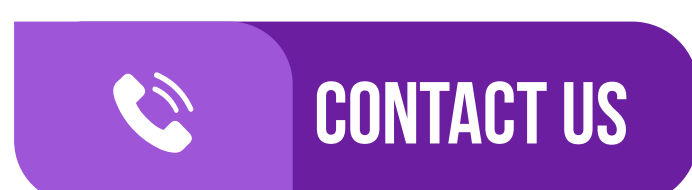
Location: Online - Zoom

Time: 6:30 to 8:30 PM

Cost: Free



Schedule	All Sessions are 2 hours
September 9, 2024	Recovery and quality of life
September 16, 2024	Wellness toolbox and daily maintenance
September 23, 2024	Triggers, early warning signs, breaking down
September 30, 2024	Crisis plan, post crisis plan
October 7, 2024	Recovery topics



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