

Wellness Recovery Action Planning



Addiction & Mental Health Services | Kingston Frontenac Lennox & Addington
WELLNESS ACCEPTANCE BELONGING

AMHS-KFLA

70 Dundas Street East

Fridays

September 8 - October 20

1:00pm-3:00pm

For more info or to sign up
contact Lisa Hewitt

lhewitt@psseo.ca

(613) 900-2262

Sept 8 - Key Concepts & Intro

Sept 15 - Wellness Toolbox & Daily
Maintenance Plan

Sept 22 - Triggers Action Plan & Early
Warning Signs and Action Plan

Sept 29 - When Things Are Breaking Down
and Action Plan & Crisis Planning

Oct 6 - Crisis Planning Continued

Oct 13 - Post Crisis Planning

Oct 20 - Post WRAP

Wellness Recovery Action Planning is a formalized plan of how to recognize and deal with difficult situations and feelings. Developing a WRAP may help you stay as well as possible, help you keep track of difficult feelings or behaviours, and develop action plans to bring you back to a positive place of wellness. WRAP can be applied to any part of your life, and is designed to help you achieve success, whatever that may look like for you.

A WRAP can be used to address ANY issues such as; addiction, mental health, overall wellness, weight loss, dealing with health concerns, relationships, as well as many other different areas.

Anyone can attend a WRAP group, and all groups are confidential. WRAP groups are facilitated by peers, who have their own experiences with WRAP. There is no cost to attend the group, and all supplies are provided.