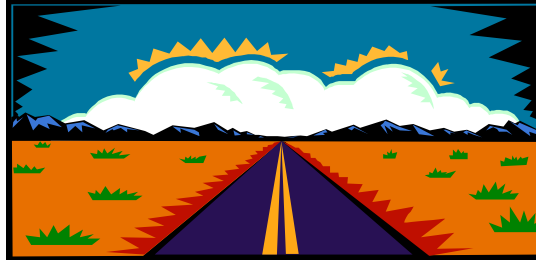


# COME NAVIGATE A ROAD TO RECOVERY



## Wellness Recovery Action Plan (WRAP)

Developed by Mary Ellen Copeland, PhD

**Open to anyone who has experience living with  
mental illness**

WRAP is a program to help people take charge of their own recovery journey by developing an action plan for wellness and recovery. It's not about illness. It's about creating the life you want to live. You will create your own recovery and crisis plan designed for you, by you.

**WHERE: South Team, 220-1200 73<sup>rd</sup> Ave. W.**

**WHEN: Fridays, Sept. 10-Oct. 15, 1-4pm**



**Space is limited so register early by calling  
Debbie and Renea at 604-708-5274  
leaving your name and phone number**