

WRAP at South Team COME NAVIGATE A ROAD TO RECOVERY

Wellness Recovery Action Plan (WRAP)

Developed by Mary Ellen Copeland, M.S., M.A.

**Open to all those who have experience living with
mental illness**

WRAP is a program aimed at helping people to 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 one wants to live. You will create your own recovery and crisis plan designed for you, by you.

**WHERE: South Mental Health Team
220 – 1200 W 73rd
Vancouver**

**WHEN: Mondays from Jan. 25 – March 1
1 pm – 4 pm**



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