

**About WRAP©**  
WRAP stands for Wellness Recovery Action Plan. It was developed by Mary Ellen Copeland who teaches from her own experiences of suffering from mental illness. WRAP provides a framework from which a person can create a written plan of action to deal with symptoms. It is designed to compliment a person's recovery rather than replace other therapies.  
  
**WRAP is designed to:**  
Decrease and prevent intrusive or troubling feelings and behaviours   
Increase personal empowerment   
Improve quality of life   
Assist people in achieving their own life goals and dreams  
  
**Wellness Recovery Action Plan (WRAP)  
Key Recovery Concepts**  
\* Hope  
\* Personal responsibility  
\* Education  
\* Self-advocacy  
\* Support  
  
**WRAP Includes**  
\* Wellness toolbox   
\* Daily maintenance plan  
\* Identifying triggers and an action plan  
\* Identifying early warning signs and an action plan  
\* Signs that things are breaking down and an action plan  
\* Crisis and Post-crisis planning  
\* Recovery Topics

**NEXT WRAP Group at PSO starts Wednesday July 2, 2014 at 6:00pm. Please call Melissa at 613-567-4379 ext 32 to register or for information on other WRAP groups in the Ottawa/Champlain Region. Email psomelissa@gmail.com**