

**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**