

Wellness Recovery Action Plan



Join YSSN for a self-designed Wellness Recovery Action Plan (WRAP) 8-week series that promotes recovery, staying well, and improving your life.

Wellness Recovery Action Plan Topics

- Empowerment & Responsibility
- The Importance of Education
- Developing a Wellness Recovery Action Plan
- Taking Preventive Action Early
- Diet, Light & Exercise
- Changing Negative Thoughts to Positive Ones
- Preventing & Avoiding Suicide
- Taking Responsibility for Wellness
- Stress Reduction & Relaxation Methods
- Building Self-Esteem & Self-Confidence
- Developing & Keeping Support Systems
- Peer Counselling

YSSN is a hub for Developmental, Mental Health, and Children's Services that helps people to navigate services to live their best life.



YSSN.ca



Event Details

Location:

Virtual - MS Teams link will be provided upon Intake

Dates and Times:

Every Wednesday for 8 weeks starting February 26, 2025 to April 23, 2025
1:00pm to 3:30pm

Who Should Attend:

This group is for adults 18+ with mental health challenges residing in York Region and South Simcoe.

PLEASE NOTE: This group is best suited for individuals who are not experiencing active psychosis or who do not have a developmental disability. An Intake is required prior to acceptance into this group. **This group does not count as level 1 WRAP.**

For more information please contact:

Lesley Reiner

lreiner@yssn.ca