

Wellness Recovery Action Plan



Join YSSN for an 8-week, self-designed Wellness Recovery Action Plan (WRAP) series that supports recovery, wellness, and improving your life.

WRAP Topics:

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

PLEASE NOTE: This group is best suited for individuals who are not experiencing active psychosis and do not have a developmental disability. An intake is required prior to acceptance into this group.

Location: In person at 240 Edward Street, Unit 3, Aurora (YSSN Office)

Date: Every Wednesday for 8 weeks, starting from April 8 to May 27, 2026

Time: 1pm to 3:30pm

Who should attend: Adults 16+ with mental health challenges residing in York Region and South Simcoe.

For more information please contact:
Mental Health Group Coordinator at
MHgroups@yssn.ca

For more YSSN events, visit:
yssn.ca/calendar

