

Wellness Recovery Action Plan (WRAP) In the Workplace WORKSHOP November 22, 2017

WRAP
Wellness Recovery Action Plan



Hope.
Personal Responsibility.
Education.
Self-Advocacy.
Support.

WRAP (Wellness Recovery Action Plan) is an evidence-based wellness program that encourages personal responsibility, positive mental health, self-determination, self-mastery and self-awareness.

Developing this kind of resiliency will support people to secure jobs and maintain employment.

In this experiential workshop participants will:

- √ Have an opportunity to get an overview of WRAP, while focusing on maintaining their personal health and wellness,
- √ Understand the significance developing a personal wellness plan has for developing self-awareness and resilience. Resilience that will support people to identify and deal with triggers which will come up in the workplace, and
- √ Be able to identify the importance of having clear easy to follow action plans to deal with life's inevitable challenges.

Wednesday November 22, 2017

8:30am Check In

9:00am – 3:30pm Workshop

Langley Senior Resources Society

20605 51B Avenue, Langley, BC

To register

contact Annette Williams at

info@focusdisability.ca or visit

Our Next Event at www.focusdisability.ca

Registration Deadline

Noon, November 15, 2017



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