



BCSS VICTORIA

WRAP FOR ADULTS

Wellness Recovery Action Plan®

Build a Personal Wellness Plan which includes tools to help with recovery
and relapse prevention for adults living with a mental health illness

Hope & Empowerment!



Call to register for the next course starting

Thursday, July 12th 1:00-3:30 (8 weeks)

LOCATION: 941 Kings Rd. Snacks included.

WRAP is an evidence based, self-management, and recovery program developed by a group of people who have mental health difficulties. WRAP is a structured system to monitor uncomfortable and distressing feelings and behaviours through planned responses!

Please register by contacting BCSS Victoria at:

Phone: 250-384-4225 or **Email:** admin.bcss@shaw.ca or visit us at BCSS Victoria [Facebook](#)

WRAP programs at BCSS Victoria presented by trained WRAP Facilitators. WRAP programs are **free of charge** thanks to the generous support of our funders and donors.