



BCSS VICTORIA

WRAP FOR YOUTH

For emerging and young adults age 18-30

Develop a Wellness Recovery Action Plan® and learn tools that support your wellbeing. Gain skills to live the life you want, and manage the difficult times when they arise. Do you have a parent or sibling living with a mental health illness? Learn resiliency, support and knowledge.



**Call to register for the next course starting
Monday, July 9th 1:00 – 3:30pm (8 weeks)**

Location: 941 Kings Rd. Snacks included.

Please register by contacting BCSS Victoria at:

250-384-4225 or admin.bcss@shaw.ca.

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