



BCSS VICTORIA

WRAP FOR EMERGING YOUTH

13-15yrs

Wellness Recovery Action Plan®

This program is for emerging youth who have a family member living with a mental illness. WRAP for kids aims to enhance resiliency, support and knowledge about how to live a happy, healthy life.



**Call to register for the next course starting
Tuesday, July 24th to August 28th
10:00 – 11:30am (6 weeks)**

LOCATION: 941 Kings Rd. Snacks included.

Course includes art, food and fun! This evidence based program is used for self-regulation, reducing uncomfortable emotions and promoting sustained wellness.

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.