



WRAP Wellness Recovery Action Planning

9 WEEK GROUP
Wednesdays
1:30pm to 4:00pm
Starting April 14th
36 Eglinton Ave W
Suite 602

Limit of 12 people!
Fill out the form to register
for the information session
April 14th.
(The first session is an
information session.)

WRAP is a non-medical approach which gives participants the knowledge and ability to:

- reclaim their power**
- find and connect with community**
- create their own recovery journey**
- get well and live in wellness**

Please contact Kim at 416.486.8046 x 223 for more information



WRAP

In order to register for the information session on April 14th, 2010, please fill out this form and email or fax to:

Kim Umbach

Fax: 416.486.8127

Email: kimu@mooddisorders.on.ca

Please print clearly

Name: _____

Phone: _____

Alternate phone: _____

Email: _____