

FREE WRAP

COMING TO TPL

Wellness Recovery Action Plan (WRAP) is an education and planning tool focusing on mental health recovery including concepts like hope, education, empowerment, self-advocacy, and interpersonal support and connection.

In a 8-week WRAP group, individuals explore:

- Self-help tools (i.e. peer counseling, focusing exercises, relaxation and stress reduction techniques)
- Resources for keeping themselves well and feeling better in difficult times

The TORONTO REFERENCE LIBRARY (TRL) WRAP Group will run Thursdays February 1 to March 21, 2024 from 10-12pm

Information Sessions will occur on:

Thursdays January 18th and January 25th from 10am-12pm

at 789 Yonge St. In the third floor Discussion Room.
Refreshments and TTC Presto tickets will be provided.

Register for the WRAP Group at the second floor service desk or by calling 416-393-7175 or visit [gersteincentre.org](https://www.gersteincentre.org)



Wheelchair accessible room.

Language interpretation will be available based on participant request.



Gerstein
Crisis Centre

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● public library