



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

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Your Recovery Journey with WRAP

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What is Your Recovery Journey with WRAP (Wellness Recovery Action Plan) ?
An online course of the Schizophrenia Society of Saskatchewan that consists of 5-sessions for people with lived experience with mental illness to provide information and skill building support. It teaches people how to achieve a high level of wellness.

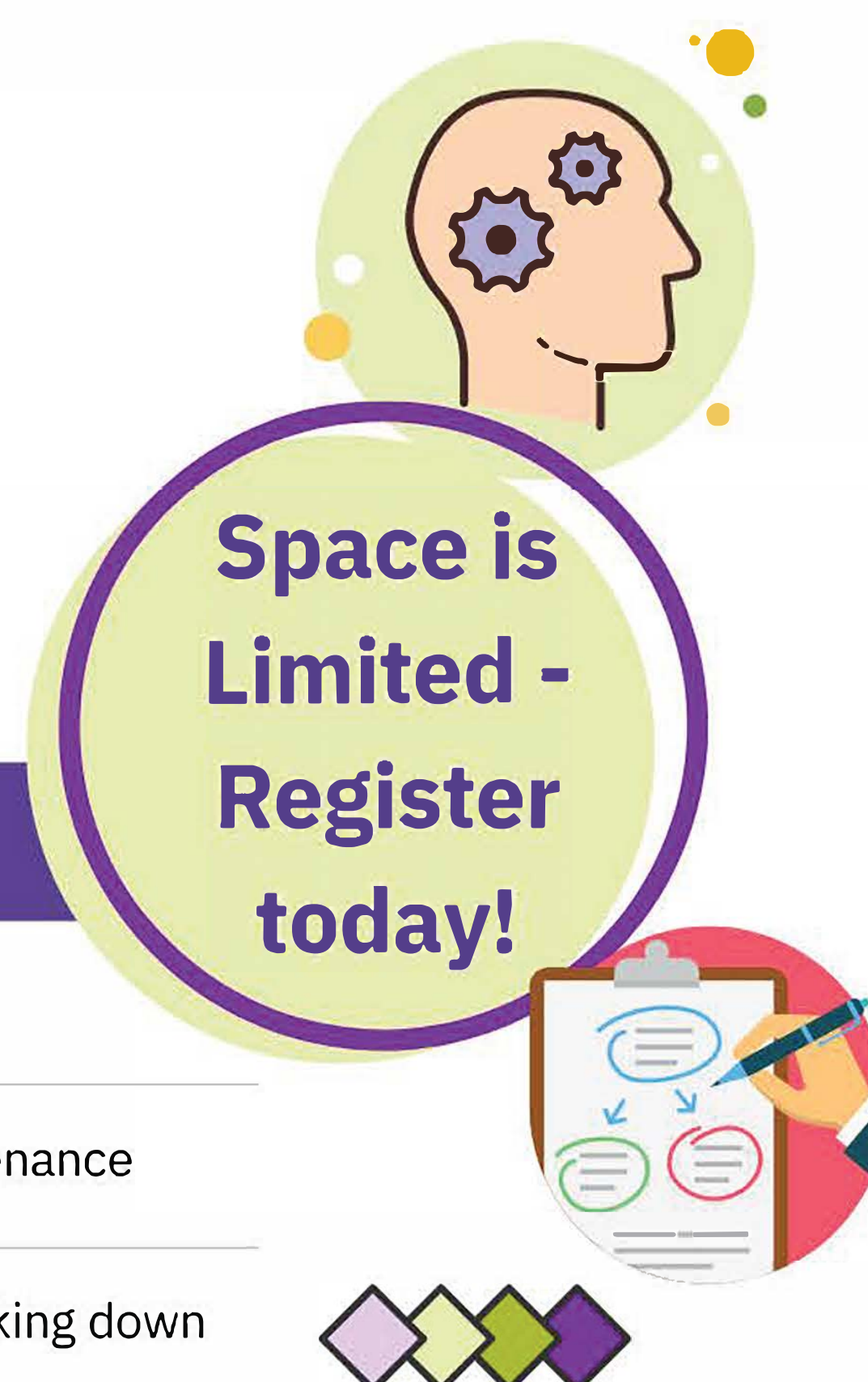
Who Should Attend?

People with lived experience with mental illness.

Location: Online - Zoom

Time: 6:30 to 8:30 PM

Cost: Free



Schedule	All Sessions are 2.5 hours
January 15, 2024	Recovery and quality of life
January 22, 2024	Wellness toolbox and daily maintenance
January 29, 2024	Triggers, early warning signs, breaking down
February 5, 2024	Crisis plan, post crisis plan
February 12, 2024	Recovery topics



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