

## About the Family WRAP® Program

Family WRAP® is a practical self-help recovery education series focused on:

- gaining control in your own life through self-care and understanding of self-care for your loved one
- gaining a sense of control in the family as a unit and family self-care
- understanding recovery concepts
- sharing resources, tools and strategies

## Resources

*WRAP® an evidence-based intervention*

(SAMHSA, 2010)

<http://nrepp.samhsa.gov/ViewIntervention.aspx?id=208>

*What is WRAP®?*

Copeland Center

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Wellness &  
Recovery

## Free Workshop

Two PSO Family WRAP trained facilitators will be co-facilitating The Royal's 8 week Family WRAP® program.

Next sessions begin on Wednesday, April 22 through June 10, 2020 from 5:30 to 8:30 PM.



## Family Wellness Recovery Action Plan®

### To Register

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[www.pso-ottawa.ca](http://www.pso-ottawa.ca)



## FAMILY WELLNESS RECOVERY ACTION PLAN

[www.theroyal.ca](http://www.theroyal.ca)

Has someone close to you been diagnosed with a mental illness?

Do you wonder how to help this person?

Do you feel worried, stressed, or sad?

Is your concern and care for others leaving you with little time or energy to care for yourself?

Is it affecting your work or other relationships?

*In the Family WRAP® program, we meet other family members experiencing similar issues. Together, we explore ways to support our struggling loved ones without losing ourselves.*

## Families Are Important

Family members can play an important role in the wellbeing and ongoing recovery of their loved ones. Research shows that many people with mental health challenges view family and close friends as their main support.

## Family Members Need Support Too!

Family members often go through their own private struggles, for which there is little support. They may feel alone, helpless, worried, frightened, blamed, tired and frustrated. Some are at risk of becoming physically or mentally ill themselves. Most are unprepared to navigate a fragmented mental health system, uncertain where to get help, what the “right” thing to say/do is, or how best to advocate for their loved one.

## About the Workshop

Family WRAP® is a free 8-week workshop that takes a practical, self-help approach to care and recovery for all members of the family. It was developed by Ann Thompson, an Advanced Level WRAP® Facilitator and Adjunct Professor at York University School of Social Work, based on the WRAP® curriculum originated by Dr. Mary Ellen Copeland.

## Features of Family WRAP®

- focus on you as the family member first
- understanding family dynamics
- exploring wellness tools
- learning about recovery practices
- forming action plans in response to varying levels of distress



The workshop is delivered in 3-hour group sessions over eight weeks, imparting the WRAP® framework through discussion, readings, video and exercises. Key concepts explored are hope, personal responsibility, education, support and self-advocacy.

Family WRAP® is meant for adult family members. The term “family member” encompasses a broad range of people, including close friends.