



## Family Wellness Recovery Action Plan Workshop (FWRAP)®

**FWRAP® is an 8-week self-help workshop based on the original Wellness Recovery Action Plan (WRAP®) program. Together we explore ways to support our struggling loved one without losing ourselves. Family WRAP consists of 8 sessions:**

Session 1	<b>Introduction to Wellness Recovery Action Plan (WRAP®) and Family WRAP (FWRAP®)</b> <ul style="list-style-type: none"> <li>❖ Introduction to WRAP®</li> <li>❖ Introduction to FWRAP®</li> <li>❖ FWRAP Values and Ethics</li> </ul>
Session 2	<b>The Five Key Concepts of Recovery</b> <ul style="list-style-type: none"> <li>❖ Hope for Individual and Family</li> <li>❖ Personal Responsibility – Supporting Self-Determination for Individual and Family</li> <li>❖ Education for Individual and Family</li> <li>❖ Self-Advocacy for Individual and Family – Family Bill of Rights</li> <li>❖ Support – Role of Family in Mental Health Recovery</li> </ul>
Session 3	<b>Wellness Toolbox and Daily Maintenance Plan</b> <ul style="list-style-type: none"> <li>❖ What are Wellness Tools and how we can use them?</li> <li>❖ Developing Wellness Toolbox for Individual and Family</li> <li>❖ Developing Daily/Weekly/Monthly Maintenance Plan for Individual and Family</li> </ul>
Session 4	<b>Stressors an Action Plan</b> <ul style="list-style-type: none"> <li>❖ Exploring Stressors for Individual and Family</li> <li>❖ Developing Action Plan to address Stressors for Individual and Family</li> <li>❖ Tools to Deal with Stressors</li> </ul>
Session 5	<b>Early Warning Signs and Action Plan</b> <ul style="list-style-type: none"> <li>❖ Exploring Early Warning Signs for Individual and Family</li> <li>❖ Developing and Action Plan for Early Warning Signs for Individual and Family</li> </ul>
Session 6	<b>When Things are Getting Worse or Breaking Down and Action Plan</b> <ul style="list-style-type: none"> <li>❖ Exploring When Things are Getting Worse or Breaking Down for Individual and Family</li> <li>❖ Developing an Action Plan for When Things are Getting Worse or Breaking Down for Individual and Family</li> </ul>
Session 7	<b>Crisis and Post Crisis Planning for Individual</b> <ul style="list-style-type: none"> <li>❖ Developing a Crisis Plan for Individual</li> <li>❖ Developing a Post-Crisis Plan for Individual</li> </ul>
Session 8	<b>Crisis and Post Crisis Planning for Family</b> <ul style="list-style-type: none"> <li>❖ Developing a Crisis Plan for Family</li> <li>❖ Developing a Post-Crisis Plan for Family</li> </ul>

For more information or registration please contact: **Guy St-Jean** Phone: 613-567-4379 x 116  
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