

# FAMILY WRAP GROUP

Family Wellness Recovery  
Action Plan

Free 8 week Workshop

sponsored by LANARK COUNTY MENTAL  
HEALTH

- Have you had someone close to you who has been diagnosed with a mental illness?
- Is your care & concern for your loved one leaving you with little time or energy to care for yourself?
- This workshop could work for you.  
Come and join us!

**Starting Tuesday, April 14, 2020**

**Every Tuesday Evening @ 6:30-8:30 pm**

Lanark Community Programs

30 Bennett St. Carleton Place, ON

For information call 613-257-5955

