

# Mental Health Recovery

including  
**Wellness Recovery Action Planning (WRAP)**

A workshop for individuals who experience psychiatric symptoms and for those who care about them, including health care professionals, family members, supporters and friends. The workshop will be presented in a 2 day format.

Presented by:



**When:** Day 1: Every Second Wednesday of The Month.

Day 2: Every Fourth Wednesday of The Month.

**Time:** 9:30 a.m. - 4:00 p.m.

**Platform:** G Suite Meet: ID **zyb-yftd-nqi** [meet.google.com/zyb-yftd-nqi](https://meet.google.com/zyb-yftd-nqi)

**Registration:**

Register here: <https://bit.ly/SP2DWRAP>, using a gmail account is preferred, but not required. Registration is not required to join this workshop and is open to the community.

**Topics Include:**

Empowerment & Responsibility, Importance of Education, Developing a Wellness Recovery Plan, Taking Preventative Action Early, Diet, Light & Exercise, Changing Thoughts from Negative to Positive, Preventing and Avoiding Suicide, Taking Responsibility for Wellness, Stress Reduction & Relaxation Methods, Building Self-Esteem & Self-Confidence, Developing & Keeping Support Systems, and Peer Support

For additional Workshops, Supports Groups and Resources please visit us at [SyrPEER.org](https://SyrPEER.org)