

# People for Equal Partnership in Mental Health –Nipissing –PEP

## Offers an educational training Program **Wellness Recovery Action Plan –WRAP**

### **WRAP is based on the 5 key Recovery Concepts**

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support

**PEP Certified WRAP instructor will support you to build your own WRAP**



4 Days Intensive Training

**January 22, 29, 2020 February 05, & 12, 2020**

**From 1:30 p.m. - 3:30 p.m.**

**At PEP - 351 Ferguson Street, 2nd Floor, North Bay**

Seats are limited

Registration Required

Please email: [steve.colyer@pepplace.org](mailto:steve.colyer@pepplace.org) or call Steve: 705-494-4774 ext. 222