



**Family Matters  
Peer Support  
and  
Recovery Program**

# Wellness Recovery Action Plan<sup>®</sup> for Families

A program for family members and supporters

An 8 session, weekly group program offered by the Mood Disorders Association of Ontario.

This group will be hosted by St. Michael's Hospital.

## Upcoming Program Dates

Tuesday evenings, 6pm–8:30pm:

January 16, 23, 30

February 6, 13, 20, 27, March 6

Registration for this program is required.

The purpose of the **WRAP<sup>®</sup> for Families** program is to provide strengths-based support **for family members and supporters** of people with mental health and addictions issues. **This program is focused on the well-being of family members:** participants will develop and practice self-care strategies, learn the key concepts of mental health recovery, and be introduced to the experience of peer support. Family members will learn to exemplify recovery principles and in turn be of greater support to individuals experiencing mental health and addictions challenges. **The WRAP<sup>®</sup> for Families program takes place over the course of eight weeks, meeting once a week for 2.5 hours.**

An information session will be held on **Tuesday January 9th from 6pm-7pm at St. Michael's Hospital, 30 Bond St., 17th Floor, Cardinal Carter South, Room 17-008.** Registration will take place after the information session.

RSVP to Eric at: [ericj@mdao.ca](mailto:ericj@mdao.ca) or 416-486-8046 ext. 224