



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

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Your Recovery Journey with WRAP

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What is Your Recovery Journey with WRAP (Wellness Recovery Action Plan) ?
An online course of the Schizophrenia Society of Saskatchewan that consists of 5-sessions for people with lived experience with mental illness to provide information and skill building support. It teaches people how to achieve a high level of wellness.

Who Should Attend?

People with lived experience with mental illness.

Location: Online - Zoom

Time: 6:30 to 8:30 PM

Cost: Free



Schedule	All Sessions are 2.5 hours
March 10th, 2025	Recovery and quality of life
March 17th, 2025	Wellness toolbox and daily maintenance
March 24th, 2025	Triggers, early warning signs, breaking down
March 31st, 2025	Crisis plan, post crisis plan
April 7th, 2025	Recovery topics



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