



Wellness During the Holidays!

Hope + Me is offering free wellness training to patients of **Sunnybrook Health Sciences Centre** with a program called **Wellness Recovery Action Plan®** or WRAP® ... for the Holidays!

WRAP® for the Holidays is a free, two-hour virtual workshop to help individuals manage their health and wellness over the holiday season. Participants will learn about the WRAP® system and develop their own personalized wellness plans. We offer your choice of **two times** to book!

Who is WRAP® for?

This program is open to anyone who is a patient of Sunnybrook Health Sciences Centre. Participants must have access to secure Internet and a computer or smartphone. For privacy reasons please join from a safe and secure personal space. **Please note:** Completion of this workshop does not apply to WRAP® Facilitator training.

Thursday, November 30, 2023

2:00 pm to 4:00 pm and 6:00 pm to 8:00 pm



About Hope + Me

Hope + Me is a leader in workplace education, group-based and one-on-one peer support for individuals living with mood disorders and their families. *Talk to someone who's been there.*

For more information contact:

Hope + Me T.I.P.S. Line: (416) 486-8046

Toll-free: 1-888-486-8236

E-mail: info@hopeandme.ca

