



RECOVERY  
CONNECTIONS

## Family Wellness Recovery Action Plan Workshop (FWRAP)

**FWRAP is an 8-week self-help workshop based on the original WRAP® program. Together we explore ways to support our struggling loved one without losing ourselves. Family WRAP consists of 8 sessions:**

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| Session 1 | <b>Introduction to Self-Help and Family Wellness Recovery Action Planning</b> <ul style="list-style-type: none"><li>❖ Self-reflection, exploring individual and collective perspectives</li><li>❖ Internal &amp; external conditions that support recovery</li><li>❖ Power of self-help and group support</li></ul>     |
| Session 2 | <b>Pathways to Recovery and the Process of Healing</b> <ul style="list-style-type: none"><li>❖ Key concepts of mental health recovery</li><li>❖ Family core values and barriers to recovery and healing</li><li>❖ Role of the family in nurturing healing and wellness</li></ul>  |
| Session 3 | <b>WRAP® and FWRAP as Self-Care</b> <ul style="list-style-type: none"><li>❖ Personal 'Bill of Rights'</li><li>❖ Developing Wellness Toolbox for yourself, and the family as a whole</li><li>❖ Planning Individual and Family Daily Maintenance Plans</li></ul>  |
| Session 4 | <b>Triggers and Action Planning</b> <ul style="list-style-type: none"><li>❖ Exploring individual Triggers and those impacting the family unit</li><li>❖ Gaining knowledge &amp; building awareness of Triggers</li><li>❖ Stress reduction and relaxation exercises</li></ul>  |
| Session 5 | <b>Early Warning Signs and When Things Are Breaking Down</b> <ul style="list-style-type: none"><li>❖ Becoming aware of Early Warnings Signs and making an Action Plan</li><li>❖ Exploring what to do when Things are Breaking Down</li><li>❖ When Things are Getting Worse: Individually and as a family unit</li></ul> |
| Session 6 | <b>Family Crisis Planning</b> <ul style="list-style-type: none"><li>❖ Exploring the 9 parts of Crisis Planning</li><li>❖ Discussion of the varieties of Crisis; how it applies to individuals and families as a unit</li></ul>  |
| Session 7 | <b>Family Resources</b> <ul style="list-style-type: none"><li>❖ Developing a Post-Crisis Plan</li><li>❖ How to support self-determination and self-efficacy</li><li>❖ Exploring and discussing resources in our community</li></ul>   |
| Session 8 | <b>Self-Reflection and Next Steps</b> <ul style="list-style-type: none"><li>❖ Group Pot Luck – Introduction to PSO's weekly Family Peer Support Group</li><li>❖ Guest Speaker - Sharing of a Peer Support Worker's Recovery Story</li></ul>   |

*For more information or registration please contact: **Nathalie Cote** Phone: 613-567-4379 x 124  
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