

## 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:**

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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