

# FOOTPRINTS WELLNESS RECOVERY ACTION PLAN (WRAP)



You are  
the expert  
on you



Starting Date: July 26

Every Wednesday for 8 weeks

Finishing Date: September 20



Time: 10.00am - 12.00pm



Location: 31 Thomas Street,

West End - Downstairs Group

Room

## What is the Wellness Recovery Action Plan (WRAP) Group?

Be inspired about your recovery! WRAP is one of our longest running groups at Footprints. Our facilitators will assist you to develop a self-designed recovery plan to become well and stay well.

## What to Expect

- WRAP is an 8 week group, facilitated by two facilitators and a support person
- We meet weekly for 2 hours
- Each week we have a lot of fun exploring different topics including what "being well" looks like for each group member, as well as what to look for and how to take action when we start to feel unwell.

## What We Expect from You

- Be ready to learn
- Participate to your level of comfort
- Ask questions!
- Commitment to come to the group for 8 weeks

## Eligibility

- Live in Inner North and South Brisbane Area
- Aged between 18 and 65
- Experiencing Mental Health Challenges



For more information contact:

Naoko Hansen (until June 30)

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