



Strengthening Your Capacity To Heal

We are pleased to present a training opportunity for Peers

Wellness Recovery Action Plan (WRAP) Level 1 Training

"WRAP is a self-designed plan for staying well, and for helping you to feel better when you are not feeling well, to increase personal responsibility and control over your own life, and help you make your life the way you want it to be."

Mary Ellen Copeland

A two day training session in Toronto -
Saturday April 17th & Sunday April 18th 2010

OR

Thursday April 22nd & Friday April 23rd 2010

Cost: \$245.00

Facilitated by

Rona McBrierty

Edinburgh, Scotland

Rona is an Advanced Level WRAP Facilitator. As a CG&A Associate, Rona is an integral member of the OPDI Peer Support Training Project Team. Rona is a leader in Recovery in mental health in Scotland. In 2007 Rona received SAMH's (Scottish Association for Mental Health) Individual Achievement Award in 2007.

Rona's Bio - www.christinegayler.com/rona-mcbrierty.html

To reserve a spot: e-mail jill@christinegayler.com or call 416.628.4683

To Register: Complete the registration form - www.christinegayler.com

Fax registration form to: 416.694.3202

Mail Registration Form and Payment To: (cheques payable to Christine Gayler)

Christine Gayler & Associates

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Our Mission – To transform mental health communities, strengthening their capacity to heal

Christine Gayler & Associates

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