



Strengthening Your Capacity To Heal

We are pleased to present a training opportunity for Peers

Wellness Recovery Action Plan (WRAP) Level 1 Training

A two day training session in down town Toronto -
Thursday April 22nd & Friday April 23rd 2010

Facilitated by

Rona McBrierty

Edinburgh, Scotland

Cost: \$250.00

"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

Rona is an Advanced Level WRAP Facilitator who received her training at the Copeland Center. She has led First Level and Facilitator Level Training in Scotland, Wales and Ireland.

"You are the best course facilitator ever! I've been inspired by your journey and wiliness to share."

"You are very supportive and caring – an excellent facilitator. You gave me inspiration and courage."

"An extreme inspiration. Rona is knowledgeable, kind, caring and extremely passionate."

Rona is a leader in Recovery in mental health in Scotland and in 2007 Rona received SAMH's (Scottish Association for Mental Health) Individual Achievement Award.

As a CG&A Associate, Rona is an integral member of the OPDI Peer Support Training Project Team.

"I believe passionately that everyone has the potential to move forward in their own journey. My role as an Advance Level WRAP Facilitator is to nurture, support and enable people to see their potential."

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

Enrollment is limited. To reserve a spot: e-mail christine@christinegayler.com or call 416.628.4683

Register by April 12th: Complete the attached 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, 2255B Queen Street East, Suite 142 Toronto ON M4E 1G3

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

Christine Gayler & Associates
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