**Workshop: A Wellness Recovery Action Plan for Families**

**(Family WRAP®)**

Wexford Mental Health Association and Mental Health Ireland are delighted to offer free Family WRAP® (Wellness Recovery Action Plan) workshops to individuals who wish to contribute to their own and their family’s wellness.



**What do we mean by Family?**

Family is a broad concept, and all family compositions are welcome at WRAP®. Your family might be your family of origin or your family of choice. What is important is that your family is a group of people who want to be together in a relationship that supports growth, happiness, and wellness. Family members can include people of any age\*, ability, gender, identity, cultural background, etc.

**What is WRAP?**

Family WRAP® developed naturally from the personal WRAP® (Wellness Recovery Action Plan) program which evolved from research by and with people who experienced recovery from mental health challenges. It was discovered that many people had learned to identify what makes them well and then used their own wellness tools. This became WRAP®, a course designed to help you plan and choose what and who assists and supports your wellness.  Family WRAP® developed naturally as people who completed WRAP® wanted to experience the benefits for their whole family. Family WRAP® helps each family member contribute to plans that the family will use to improve day to day interactions, meet daily challenges, and promote mutual cooperation, as well as plans to aid in the event of a crisis for a family member or for the whole family. In developing your Family WRAP®, you will learn about what factors facilitate recovery and identify the wellness tools that will most benefit you and your family and how to use these tools when needed, every day and when you and your family experience challenges.

**Workshop Details**

Everyone is welcome to attend the Family WRAP® programme, whether you have already completed your individual WRAP or even if you have never heard of WRAP® before! To take part in Family WRAP® it is preferable to participate in the full programme, and to be able to attend with one or more members of your family. Family WRAP® will run on 23rd Feb, 2nd March (Thursdays), 8th Mar, 15th Mar (Wednesdays), from 9.30am to 1pm Wexford venue TBC. Please complete the Expression of Interest form overleaf and **return to wexfordmha@mentalhealthireland.ie**. Alternatively, you can call WMHA on **053 91 40610** with enquiries.



**Family WRAP® Expression of Interest Form**

**Essential Information:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□ Please tick this box if you consent to Wexford Mental Health Association storing this form until you have accepted a place on the Family WRAP® programme. Wexford Mental Health Association will not use this information to contact you for any other reason unless you have requested otherwise.**

**Optional Information:**

 **Other family members who may take part:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship to you: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship to you: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship to you: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Optional Information:**

Why would you like to attend Family WRAP?

What are your hopes and concerns about coming to Family WRAP?

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**Any Other Information:**

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**Next Family WRAP®\* takes place on:**

**Dates:** 23rd Feb, 2nd Mar (Thursdays), 8th Mar, 15th Mar (Wednesdays)

**Times:** 9:30am until 1:00pm daily

**Venue:** Kilcannon Garden Centre, Old Dublin Road, Enniscorthy, Co Wexford

\*The Spring Family WRAP® will be limited to people aged 16 and over who must be accompanied by an adult, however in the future we hope to run Family WRAP that is more inclusive of younger family members too.