

Peer Support Groups in HPE



Find one of our Peer Support Groups in a neighbourhood near you!

Our peer support groups are led by our trained staff, with lived experience, in a safe and welcoming environment.

Let us be part of your journey towards wellness and recovery, come experience a non-clinical and inclusive support.

Explore our groups below!



Wellness Recovery Action Plan (WRAP)

Wellness Recovery Action Plan, and WRAP, are the registered trademarks for a recovery model authored and designed by Mary Ellen Copeland and The [Copeland Center for Wellness and Recovery](#). It is an evidence-based practice, consisting of a personalized wellness and crisis plan development program, and is included on the [SAMHSA](#) National Registry for Evidence-Based Programs and Practices. The WRAP model was developed with the help of a team of people with lived experience.

WRAP is a fluid, holistic and pliable program that can be adapted and modified to apply to mental health recovery; dealing with the effects of trauma, addictions, diabetes and fibromyalgia. WRAP can be modified for families, veterans, and kids, and other emerging recovery models. Some elements of WRAP focus on peer support and peer education.

WRAP undertakes a strengths-based approach to recovery. Participants are encouraged to manage their own wellness and recovery in a manner that is comfortable to them and within their means. The key recovery concepts of WRAP are hope, education, personal responsibility, support and self-advocacy.

Please stay tuned for our next WRAP workshop or to be placed on a waitlist for the next WRAP workshop, please contact, Karen Pinto, Community Peer Support Coordinator for more details at: cps@psseo.ca or 613.403.1318.