

We work with Communitas
Supportive Care Society to support
and empower people of all abilities.



Wellness Plan

for People Living with Disabilities



A plan you make to get well
and stay well designed by
you, for you

www.fraserhealth.ca

This information does not replace the advice given
to you by your health care provider.

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To order visit: patienteduc.fraserhealth.ca

 **fraserhealth**

What is a Wellness Plan?

Having a wellness plan helps you take care of your own health and challenges every day.

A wellness plan is a plan that you make for yourself.

You can make your plan in a group or by yourself.

Group leaders use their own wellness plan to keep healthy.

They can help you to make your own plan.

It is your choice to join a wellness plan group.

What do we talk about in a wellness plan group?

We talk about the following:

- Key concepts of recovery
- Daily plan
- Stressors
- Early warning signs
- When things are breaking down
- Crisis plan
- Post-crisis plan

Is there a cost?

It is free for anyone who has a mental health challenge. Friends or family members can also join.

How do I sign up for a wellness plan group?

Online: peersupportcsc.com

Call: 1-800-211-0585

Email:

wrapinfo@communitascare.com

When you sign up online you get:

- a list of all groups
- a list of where the in-person groups take place

To find out more about a wellness plan ask:

- your mental health worker
- your clubhouse

You can also check out mentalhealthrecovery.com

Types of Wellness Plan Groups	Number of sessions	Length of each session
In-Person, phone or computer	6 to 8 sessions	2 to 3 hours
In-Person Follow-up	1 session	2 hours
Phone or Computer Introduction	2 sessions	1 hour and 45 minutes
Phone or Computer Follow-up to Groups	1 session	1 hour and 45 minutes