



# WELLNESS RECOVERY ACTION PLAN (WRAP)

## A Weekly **ONLINE** Program For Youth with **Acquired Brain Injury (ABI)** OR **Persistent Concussion Symptoms**

This 6-week **ONLINE** group explores how to take stock of your personal resources and coping skills while dealing with Persistent Concussion Symptoms and / or Acquired Brain Injury.

### **Facilitated by:**

Isabelle Rivaletto, BIST Staff & Certified WRAP Facilitator

Fozia Murtaza, Health and Wellness Coach, Certified WRAP Facilitator

**RUNS APRIL 29 - JUNE 3RD, 3 -5 PM**

Register at [www.bist.ca/wrap](http://www.bist.ca/wrap) or call 416-830-1485

