



# STRUCTURED PROGRAMS

**HOLISTIC-ART  
BASED PROGRAM  
(HAP)**

**WELLNESS  
RECOVERY  
ACTION PLAN  
(WRAP)**

**WRAP FOR  
ADDICTIONS**

**WRAP FOR  
HEALTHY AGING**

Structured programs in a mental health peer support setting provide participants with clear guidance, consistency, and purpose through a defined framework and shared goals. Having a set format helps create a sense of safety and predictability, making it easier for individuals to engage, build skills, and track their progress. These programs support self-awareness, confidence, and personal growth by offering practical tools that participants can apply in their daily lives, while still benefiting from the understanding and encouragement of a peer-led environment.

# HOLISTIC ART-BASED PROGRAM

## Vision Statement

To create an inclusive, compassionate, and engaging space where participants use creative arts to build mindfulness, self-awareness, self-compassion, empathy, and strengths for mental wellness and resilience.

## Purpose of the Group

The Holistic Arts-Based Program (HAP) supports well-being through creative, experiential activities that foster mindfulness, self-awareness, self-compassion, empathy, strengths identification, and belonging.

Developed by Dr. Diana Coholic, HAP integrates expressive arts and mindfulness to support recovery and resilience. More information about her research and program design can be found at: [www.dianacoholic.com](http://www.dianacoholic.com)

## Program Objectives

- Build mindfulness through creative practices.
- Increase self-awareness and compassion.
- Develop empathy and understanding of others.
- Identify and celebrate individual and collective strengths.
- Foster healing, resilience, and community connection.

## Holistic Art-Based (HAP) Program Procedure

1. **Welcome (10 min):** Facilitator welcomes participants and reviews the Comfort Agreement.
2. **Mindfulness & Grounding (10min):** The facilitator will guide participants through a mindfulness or grounding activity (ie. deep breathing, meditation).
3. **Creative Arts Activity (45-60 min):** Participants will participate in a art activity (ie. a 'Safe Place' collage, painting 'Emotions in Color'.
4. **Sharing & Reflection (30 min):** The facilitator may deliver a prompt for participants to engage in a sharing and reflection.
5. **Closing (10 min):** Participants will engage in a self-compassion exercise and give a one-word takeaway.

3. **Topic/Activity & Guided Discussion (45 min):** The facilitator will encourage balanced participation and discussion.
4. **Reflection/Sharing (15 min):** Participants are allowed to share any reflections from the session. Grounding options may be available as needed.
5. **Resources & Tool/Takeaway (5 min):** Facilitator may offer community resources for additional support, or a handout or practice for the session.
6. **Closing & Next Steps (5 min):** Brief check-out and a reminder for the next session.

## Closed Group Policy

HAP at NISA is a **twelve-session**, closed group. Once a cycle begins, only participants registered for **Session 1** continue through the remaining sessions. New participants may add their names to the **waitlist** for the next cycle.

## Session Overview

- **Schedule:** Weekly.
- **Format:** In-person at NISA
- **Closed group:** Only participants registered as of Session 1 may participate.
- **Attendance:** Participants are encouraged to attend all 12 sessions.
- **Eligibility:** Anyone registered with NISA may sign-up for this group.

# WELLNESS RECOVERY ACTION PLAN (WRAP)

## Vision Statement

To create a compassionate, inclusive, and culturally respectful space where participants can safely learn, share, and build their personal Wellness Recovery Action Plans - supporting resilience, self-determination, and growth.

## Purpose of the Group

WRAP (Wellness Recovery Action Plan) is an evidence-based, self-directed wellness process. Participants learn practical tools to get well, stay well, and make life more the way they want it to be. This closed, time-limited group provides structured learning, peer support, and guided work on each person's plan.

## Program Objectives

- Build a personal Wellness Toolbox: (simple, repeatable tools that help you feel well).
- Create a Daily Maintenance Plan: (what "well" looks like + daily actions to sustain it).
- Identify Triggers: and develop trigger action plans.
- Recognize Early Warning Signs: and practice early-response strategies.
- Plan for When Things Are Breaking Down: (clear steps, supports, and boundaries).
- Draft a person-centered Crisis Plan: (preferences, supports, environment, and care).
- Develop a Post-Crisis Plan: (re-entry steps, pacing, and restoring wellness).
- Strengthen self-awareness, self-advocacy, and self-determination (WRAP values).
- Practice peer support skills: (mutuality, "I" statements, non-judgment, hope).
- Increase confidence and consistency: using your WRAP in daily life.

## WRAP Program Procedure

1. **Welcome (10 min):** Facilitator welcomes participants and reviews the Comfort Agreement.

2. **Check-In (5-10 min):** A brief check-in to see how participants are doing, passing is always okay.
3. **Warm-Up (5 min):** The facilitator will present a short icebreaker linked to the days topic.
4. **Review & Preview (5 min):** Recap last session; outline today's plan and materials.
5. **Topic Exploration (35-45 min):** The facilitator will introduce the learning activities on the WRAP component.
6. **Break (~10 min):** Optional grounding/stretch.
7. **Workbook/Application (20-30 min):** Guided time to draft or refine each person's WRAP
8. **Integration (5-10 min):** The facilitator will invite participants to share one takeaway or next small action.
9. **Set Up-Next Session (3-5 min):** The facilitator will name the upcoming topic.
10. **Closing (2-3 min):** The facilitator will highlight support and resources and conduct a brief check out.

## Closed Group Policy

WRAP at NISA is a **twelve-session**, closed group. Once a cycle begins, only participants registered for **Session 1** continue through the remaining sessions. New participants may add their names to the **waitlist** for the next cycle.

## Session Overview

- **Schedule:** Weekly.
- **Format:** Hybrid – online and at NISA. Participants may sign-up for virtual attendance at [nisa.on.ca/calendars](https://nisa.on.ca/calendars).
- **Closed group:** Only participants registered as of Session 1 may participate.
- **Attendance:** Participants are encouraged to attend all 12 sessions in order to receive the full curriculum and their certificate. If one session is missed, participants may make up content by reviewing handouts/workbook pages and completing a brief 15-20 minute check-in with a facilitator. A letter of participation may be available if full completion isn't met.
- **Eligibility:** Anyone registered with NISA may sign-up for this group.

# WRAP FOR ADDICTIONS (COMING JUNE 2026)

## Vision Statement

To create a compassionate, inclusive, and culturally respectful space where participants can safely learn, share, and build their personal Wellness Recovery Action Plans - supporting resilience, self-determination, and growth.

## Purpose of the Group

WRAP for Addictions (Wellness Recovery Action Plan) is an evidence-based, self-directed wellness process. Participants learn practical tools to get well, stay well, and make life more the way they want it to be. This closed, time-limited group provides structured learning, peer support, and guided work on each person's plan.

## Program Objectives

- Build a personal Wellness Toolbox: (simple, repeatable tools that help you feel well).
- Create a Daily Maintenance Plan: (what "well" looks like + daily actions to sustain it).
- Identify Triggers: and develop trigger action plans.
- Recognize Early Warning Signs: and practice early-response strategies.
- Plan for When Things Are Breaking Down: (clear steps, supports, and boundaries).
- Draft a person-centered Crisis Plan: (preferences, supports, environment, and care).
- Develop a Post-Crisis Plan: (re-entry steps, pacing, and restoring wellness).
- Strengthen self-awareness, self-advocacy, and self-determination (WRAP for Addictions values).
- Practice peer support skills: (mutuality, "I" statements, non-judgment, hope).
- Increase confidence and consistency: using your WRAP for Addictions in daily life.

## WRAP Program Procedure

1. **Welcome (10 min):** Facilitator welcomes participants and reviews the Comfort Agreement.
2. **Check-In (5-10 min):** A brief check-in to see how participants are doing, passing is always okay.
3. **Warm-Up (5 min):** The facilitator will present a short icebreaker linked to the days topic.
4. **Review & Preview (5 min):** Recap last session; outline today's plan and materials.
5. **Topic Exploration (15-30 min):** The facilitator will introduce the learning activities on the WRAP component.
6. **Break (~10 min):** Optional grounding/stretch.
7. **Topic Exploration (30 min):** The participants will continue exploring the topic.
8. **Workbook/Application (10 min):** Guided time to draft or refine each person's WRAP
9. **Integration (5-10 min):** The facilitator will invite participants to share one takeaway or next small action.
10. **Set Up-Next Session (3-5 min):** The facilitator will name the upcoming topic.
11. **Closing (2-3 min):** The facilitator will highlight support and resources and conduct a brief check out.

## Closed Group Policy

WRAP for Addictions at NISA is a **twelve-week session**, closed group. Once a cycle begins, only participants registered for **Session 1** continue through the remaining sessions. New participants may add their names to the **waitlist** for the next cycle.

## Session Overview

- **Schedule:** Weekly.
- **Format:** Hybrid – online and at NISA. Participants may sign-up for virtual attendance at [nisa.on.ca/calendars](https://nisa.on.ca/calendars).
- **Closed group:** Only participants registered as of Session 1 may participate.
- **Attendance:** Participants are encouraged to attend all 12 sessions in order to receive the full curriculum and their certificate. If one session is missed, participants may make up content by reviewing handouts/workbook pages and completing a brief 15-20 minute check-in with a facilitator. A letter of participation may be available if full completion isn't met.
- **Eligibility:** Anyone registered with NISA may sign-up for this group.

# WRAP FOR HEALTHY AGING (COMING JUNE 2026)

## Vision Statement

To create a compassionate, inclusive, and culturally respectful space where participants can safely learn, share, and build their personal Wellness Recovery Action Plans - supporting resilience, self-determination, and growth.

## Purpose of the Group

WRAP (Wellness Recovery Action Plan) for Healthy Aging is an evidence-based, self-directed wellness process. This group supports participants in maintaining wellness, independence, and purpose while navigating life transitions related to aging. Participants learn practical tools to get well, stay well, and make life more the way they want it to be. This closed, time-limited group provides structured learning, peer support, and guided work on each person's plan.

## Program Objectives

- Build a personal Wellness Toolbox: (simple, repeatable tools that help you feel well).
- Create a Daily Maintenance Plan: (what "well" looks like as we age + daily actions to sustain it).
- Identify Triggers: and develop trigger action plans.
- Recognize Early Warning Signs: and practice early-response strategies.
- Plan for When Things Are Breaking Down: (clear steps, supports, and boundaries).
- Draft a person-centered Crisis Plan: (preferences, supports, environment, and care).
- Develop a Post-Crisis Plan: (re-entry steps, pacing, and restoring wellness).
- Strengthen self-awareness, self-advocacy, and self-determination (WRAP values).
- Practice peer support skills: (mutuality, "I" statements, non-judgment, hope).
- Increase confidence and consistency: using your WRAP in daily life.

## WRAP Program Procedure

1. **Welcome (10 min):** Facilitator welcomes participants and reviews the Comfort Agreement.
2. **Check-In (5-10 min):** A brief check-in to see how participants are doing, passing is always okay.
3. **Warm-Up (5 min):** The facilitator will present a short icebreaker linked to the days topic.
4. **Review & Preview (5 min):** Recap last session; outline today's plan and materials.
5. **Topic Exploration (15-30 min):** The facilitator will introduce the learning activities on the WRAP component.
6. **Break (~10 min):** Optional grounding/stretch.
7. **Topic Exploration (30 min):** The participants will continue exploring the topic.
8. **Workbook/Application (10 min):** Guided time to draft or refine each person's WRAP
9. **Integration (5-10 min):** The facilitator will invite participants to share one takeaway or next small action.
10. **Set Up-Next Session (3-5 min):** The facilitator will name the upcoming topic.
11. **Closing (2-3 min):** The facilitator will highlight support and resources and conduct a brief check out.

## Closed Group Policy

WRAP for Healthy Aging at NISA is a **twelve-week session**, closed group. Once a cycle begins, only participants registered for **Session 1** continue through the remaining sessions. New participants may add their names to the **waitlist** for the next cycle.

## Session Overview

- **Schedule:** Weekly.
- **Format:** Hybrid – online and at NISA. Participants may sign-up for virtual attendance at [nisa.on.ca/calendars](https://nisa.on.ca/calendars).
- **Closed group:** Only participants registered as of Session 1 may participate.
- **Attendance:** Participants are encouraged to attend all 12 sessions in order to receive the full curriculum and their certificate. If one session is missed, participants may make up content by reviewing handouts/workbook pages and completing a brief 15-20 minute check-in with a facilitator. A letter of participation may be available if full completion isn't met.
- **Eligibility:** Anyone registered with NISA may sign-up for this group.