

# MyRAP

## My Recovery Action Plan

A self-help/self-management tool to help support people in wellbeing and recovery. Focuses on strengths and builds on them so people can take control through reflection and learning.

## MyRAP Groups in North Lanarkshire

### CUMBERNAULD Central Health Centre - Fridays

18 <sup>th</sup>	January	12pm	-	1:00pm
25 <sup>th</sup>	January	12pm	-	1:00pm
1 <sup>st</sup>	February	12pm	-	1:00pm
8 <sup>th</sup>	February	12pm	-	1:00pm
15 <sup>th</sup>	February	12pm	-	1:00pm
22 <sup>nd</sup>	February	12pm	-	1:00pm
1 <sup>st</sup>	March	12pm	-	1:00pm

For more information regarding booking contact:  
Eileen.quinn@samh.org.uk or call: 01698 265659

[www.elament.org.uk](http://www.elament.org.uk)



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### MyRAP Groups in North Lanarkshire

**Motherwell Health Centre, (First Floor)**

**138/144 Windmillhill St, Motherwell.**

Mon	21st	January	11:15am	-	12:15pm
Mon	28th	January	11:15am	-	12:15pm
Mon	4th	February	11:15am	-	12:15pm
Mon	11th	February	11:15am	-	12:15pm
Mon	18th	February	11:15am	-	12:15pm
Mon	25th	February	11:15am	-	12:15pm
Mon	4th	March	11:15am	-	12:15pm

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