

My Recovery Action Plan (MYRAP) is used with small groups of people helping to support them in wellbeing and recovery, while also encouraging natural peer support.

Each group is runs over 8 weeks, facilitated by a Peer Worker who uses their own lived experience to guide and empower the group.

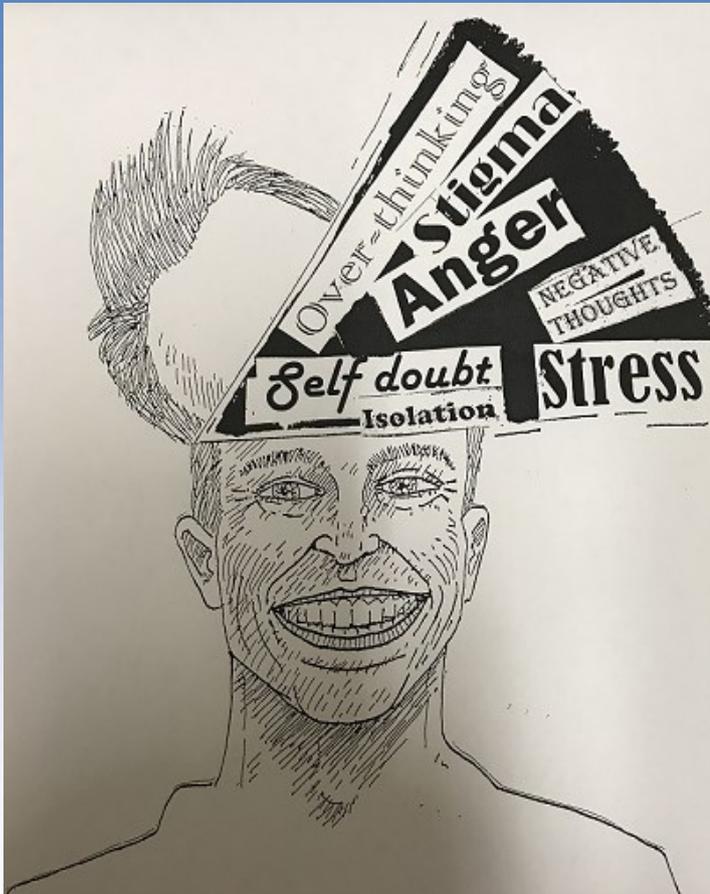
## MyRAP Groups in North Lanarkshire 2020

**Motherwell Health Centre, (Health Education Room, First Floor) , 138/144 Windmillhill St, Motherwell.**

Friday	13th	March	1:15pm	-	2:45pm
Friday	20th	March	1:15pm	-	2:45pm
Friday	27th	March	1:15pm	-	2:45pm
Friday	3rd	April	1:15pm	-	2:45pm
Friday	10th	April	1:15pm	-	2:45pm
Friday	17th	April	1:15pm	-	2:45pm
Friday	24th	April	1:15pm	-	2:45pm
Friday	1st	May	1:15pm	-	2:45pm

**FOR INFORMATION REGARDING BOOKING PLEASE CONTACT  
THE EXPEERIENCE COUNTS OFFICE ON 01698 265659**





MyRAP stands for My Recovery Action Plan and is used with small groups of people helping to support them in wellbeing and recovery while also encouraging natural peer support. Each group is facilitated by a Peer Worker who uses their own lived experience to guide and empower the group

**MyRAP Groups in North Lanarkshire  
Coatbridge Health Centre  
1 Centre Park Drive ML5 3AP**

Friday	24th	January	1:30pm	-	2:30pm
Friday	31st	January	1:30pm	-	2:30pm
Friday	7th	February	1:30pm	-	2:30pm
Friday	14th	February	1:30pm	-	2:30pm
Friday	21st	February	1:30pm	-	2:30pm
Friday	28th	February	1:30pm	-	2:30pm
Friday	6th	March	1:30pm	-	2:30pm

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