

Whole Health Action Management **PEER SUPPORT GROUP**

DESIGNED FOR **PEERS**

Whole Health Action Management (WHAM) is a peer-led opportunity for people with chronic physical and behavioral health conditions to collaborate and develop person-centered health plans based on 10 science-based factors. Through facilitated group sessions focused on setting strengths-based whole health goals, participants learn to:

- Identify strengths and supports in 10 science-based whole health and resiliency factors
- Write a concise whole health goal based on person-centered planning
- Create and log a weekly action plan
- Participate in peer support to create new health behavior
- Elicit the Relaxation Response
- Engage in cognitive skills to avoid negative thinking
- Prepare for basic whole health screenings
- Use shared-decision making skills and tools for engaging with doctors

DATE: July 2, 2019

Call 509.892.9241 if
you have questions

TIME: Noon to 1:30

LOCATION: Passages Family Support
1700 S Assembly
Spokane, WA 99224

