

Whole Health Action Management (WHAM) Group

Charlotte Behavioral Health Care



Get Healthier Together!

WHAM is a peer-centered program developed to promote whole health (mental health and/or physical health), change, and self-management. Participants partner and identify strengths, develop weekly action plans and work together using positive reinforcement to meet a goal. Rather than work alone, WHAM participants collaborate and support each other's efforts.

Participants will:

- Identify strengths in 10 science-based whole health and resiliency factors.
- Engage in person-centered planning.
- Write a whole health and resiliency goal based on person-centered planning.
- Create and log a weekly action plan.
- Participate in WHAM peer support groups to create and sustain new health behavior.
- Elicit the Relaxation Response to manage stress.
- Engage in skills to challenge negative thinking.
- Start and maintain healthy habits.

Participants must be willing to attend 11 weekly one-hour sessions and have transportation to and from the group.

For more information or to enroll, call (941) 769-6910.

When:

Thursday afternoons from 12 p.m. - 1 p.m.
Starts February 1, 2024

Where:

1700 Education Avenue, Bldg. B, Punta Gorda



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