WRAP
Wellness Recovery Action Plan

Meets Tuesday & Wednesday every 2nd & 3rd week of the month

Session 1: Tuesday (12pm-4:30pm)
Session 2: Wednesday (10am-4:30pm)
Session 3: Tuesday (12pm-4:30pm)
Session 4: Wednesday (10am-4:30pm)
(Lunch Included on Wednesdays)

WRAP Will Help You:
- Discover your own simple, safe Wellness Tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, using Wellness Tools, develop action plans for responding at these times
- Guide you through the process of developing a Crisis Plan or Advance Directive
  - Introduce you to Post Crisis Planning

WRAP is for anyone, anytime. It will support you in being the way you want to be and doing the things you want to do.

Reservations due by prior Friday