

The Wellness Recovery Action Plan (WRAP®) Class



The Wellness Recovery Action Plan (WRAP®) is a part of the National Registry of Evidence based programs and practices. It has been changing lives for over 20 years. Here are just a few of the benefits you'll take away from this class:

- Improve your mental wellness and avoid troubling feelings and behaviors
- Increase your personal empowerment
- Improve your quality of life
- Achieve your own life goals and dreams
- Become a part of a community of people who are also improving their lives

You'll learn why folks around the country say, "I've gone from being totally disabled to being able to live a full and rich life. I am so grateful."

8 week FREE class held on Mondays

**December 4 – February 5, 2024
12–2pm**
No class 12/25/23 & 1/1/24

**Class held at Life House
5850 West Mall St.
Atascadero**

For more information and to RSVP contact:
Victoria Meredith at vmeredith@t-mha.org



Participants required to attend entire course to receive course certification.