

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

**8 week FREE class
held on
Wednesdays**

**March 8—April
26, 2023
11am—1pm**

**Class held at Hope
House
1306 Nipomo St.
San Luis Obispo**

Registration for this class is **required**. For more information and to RSVP contact: Victoria Meredith at vmeredith@t-mha.org



Participants required to attend entire course to receive course certification.