

The Wellness Recovery Action Plan (WRAP®) Class



“I’ve gone from being totally disabled to being able to live a full and rich life. “

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.

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life
- Achieve our own life goals and dreams
- Create community

8 week FREE Class THURSDAYS
November 14, 2019 — January 9, 2020
from 1:30-3:30pm

Class held at Safe Haven 203 Bridge St., Arroyo Grande

Registration for this training is **required**. For more information and to RSVP contact:
Victoria Meredith vmeredith@t-mha.org (805) 540-6586



No class scheduled November 28th