



WRAP CLASS

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination.

WRAP® is a wellness and recovery approach that helps people to:

- decrease and prevent intrusive or troubling feelings and behaviors;
- increase personal empowerment;
- improve quality of life; and
- achieve their own life goals and dreams

Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

This course is free!

Registration for this training is **required**.

RSVP at:
jcreason@t-mha.org
805-540-6577

Tuesdays
April 9 - May 28
2019

3:00-5:00pm

8 WEEK COURSE

1306 Nipomo Street
San Luis Obispo CA

Participants required to attend entire course to receive course certification

Testimonials...

"Recovery and WRAP have changed my life."

"I've gone from being totally disabled to being able to live a full and rich life. I am so grateful."

