

The Wellness Recovery Action Plan (WRAP®) Class



Transitions Mental Health Association is offering an 8 week support group based on the Wellness Recovery Action Plan (WRAP) class.

The group will go deeper into subjects covered in WRAP, give tips on how we use our plans to help us in our daily lives, and work together to solve any issues we encountered when we created our WRAP.

**8 week FREE group
held on Tuesday
eveninGs**

**December 1 —
January 19, 2021
7pm to 8pm**

**Class held online via
Zoom**

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

