

# WRAP



## Wellness Recovery Action Planning

Have you been struggling to keep up your wellness? Are you looking for tools to help you in your recovery? Join us for our 8-week WRAP class and develop your own Wellness Recovery Action Plan to help manage any physical or emotional difficulties you may be dealing with.

In the WRAP class, you'll learn to recognize your triggers and your unique warning signs so that you can lessen or even avoid a future crisis. You'll also develop a plan to help you if you go through a crisis so that you come out stronger on the other end.

**Classes are FREE but you have to register!**

To find out when our next WRAP class will be offered,  
please contact Hannah Tenpas  
[htenpas@t-mha.org](mailto:htenpas@t-mha.org) or (805)540-6576



WELLNESS • RECOVERY • RESILIENCE

Transitions-Mental Health Association

