

Wellness Recovery Action Planning (WRAP®)

Three-Day WRAP Seminar I

Presented by Advanced Level WRAP Facilitators

Anyone who wants to live a healthier life can benefit from writing a WRAP. WRAP is to help you figure out what you need to do to live your life to the fullest. The information in the plan is yours alone; you can share as much or as little as you like.

Key Elements of WRAP:

- Wellness Toolbox
- Daily Maintenance Plan
- Identifying Stressors & Action Plan
- Identifying Early Warning Signs & Action Plan
- Identifying When Things are Breaking Down & Action Plan
- Crisis and Post Crisis Planning

Key Recovery Topics

- ➊ Hope
- ➋ Personal Responsibility
- ➌ Education
- ➍ Self Advocacy
- ➎ Support

Location and details:

- Tuesday September 24th, Wednesday September 25th, 2019 from 8:30am-4pm AND Thursday September 26th from 8:30am-1pm
- Location: Lebanon County MH/ID/EI
220 East Lehman St., Lebanon, PA 17046
- Workbook, continental breakfast and lunch provided
- Upon completion of this session, you will have learned how to develop your own WRAP
- Meets Copeland Center requirements for those interested in attending a WRAP Seminar II Facilitator's Course.

REGISTER: Call the Recovery InSight, Inc. office
(877) 597-9497 Ext. 10

Or email: mbowen@recovery-insight.com

FREE FOR ANYONE TO ATTEND!

Providers, MH consumers, family members, college students, clergy members, supporters, EVERYONE welcomed!