

**Free WRAP® Class**



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# Wellness Recovery Action Plan® (WRAP®) Training

*There is hope for recovery!*

## Participants will learn about:

- Five key recovery concepts;
- Making your own Wellness Recovery Action Plan®; and
- How to use and share your plan.

## Who should attend this training?

- Individuals living with mental health, substance use and/or intellectual/developmental disability issues and their families/loved ones who want to create positive change in the way they feel, or increase their enjoyment in life
- Others who want to increase their understanding of mental health recovery concepts, skills and strategies included in the WRAP® process
- **Note: This class is not the pre-requisite to become a certified WRAP Facilitator.**

**February 13 & 14, 2018**

**9:00 a.m. – 4:00 p.m.**

**Rainbow Center**

**507 Courthouse Dr.**

**Wilkesboro, NC**

**28697**

## Registration

There is **no cost** for this training. To register, call Rebekah McCloy at 828-759-2160 ext.3357 or send email to [Rebekah.mccloy@vayahealth.com](mailto:Rebekah.mccloy@vayahealth.com). Participants are responsible for their own food and drinks.

## About WRAP®

WRAP® is an evidence-based, self-management and recovery system developed by a group of people with mental health difficulties who struggled to incorporate wellness tools and strategies into their lives. WRAP® is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviors;
- Increase personal empowerment;
- Improve quality of life; and
- Assist people in achieving their life goals and dreams.

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*Information credit: The Copeland Center - <http://copelandcenter.com/wellness-recovery-action-plan-wrap>*

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