

# THERE IS MUCH TO HOPE FOR!



The Wellness Recovery Action Plan® (WRAP®), is a self-designed prevention and wellness tool that you can use to get well and stay well.

## WRAP will Help YOU...

Develop a list of things to do to stay well | Identify upsetting events & warning signs  
Develop a plan to respond when you are not doing well | Create a crisis plan

## Create a Wellness Toolbox that Works for YOU...

Contacting friends | Focusing exercises | Relaxation techniques | Journaling | Exercise


## FREE 6 Week Online Program through TEAMS Tuesdays


March 4, 11, 18, 25, April 1 & 8  
1:30 pm to 4 pm



For more information or to register contact:

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Register Here

