



# WRAP CLASS

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination.

WRAP® is a wellness and recovery approach that helps people to:

- decrease and prevent intrusive or troubling feelings and behaviors;
- increase personal empowerment;
- improve quality of life; and
- achieve their own life goals and dreams

Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

*This course is free!*

Registration for this training is **required**.

RSVP at:  
jcreason@t-mha.org  
805-540-6577

Tuesdays  
April 9 - May 28  
2019

3:00-5:00pm

8 WEEK COURSE

1306 Nipomo Street  
San Luis Obispo CA

Participants required to attend entire course to receive course certification

## Testimonials...

*"Recovery and WRAP have changed my life."*

*"I've gone from being totally disabled to being able to live a full and rich life. I am so grateful."*

