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Wellness Recovery Action Plan

Seminar 1

WELLNESS RECOVERY ACTION PLAN (WRAP) IS A SIMPLE AND POWERFUL PROCESS FOR CREATING THE LIFE AND WELLNESS YOU WANT.

WRAP is a resource designed to help you cope with mental health challenges, amidst everyday stressors. The WRAP training will teach how to recognize when you feel good and healthy, when you are starting to feel down and stressed, and create a personalized plan for supporting yourself. You will end the class with the necessary tools for you to support yourself and for identified loved ones to know how to support you when needed.

WHAT TO EXPECT FROM THE WORKSHOP:

- **Enhanced Understanding:** Gain a deeper insight into wellness tools that work best for you and how to apply them in daily life.
- **Personalized Action Plans:** Create your own WRAP that addresses your unique needs and wellness goals.
- **Supportive Community:** Connect with others in a respectful, compassionate environment where all participants are valued.



2 Hour Training



Financial support available



Contact the Richland County Health Department 406-433-2207 for next training

