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 wants to create positive change in the way they feel, or increase their enjoyment in life; and
- Others who want to increase their understanding of mental health recovery concepts, skills and strategies included in the WRAP® process. This class is not the pre-requisite to become a certified WRAP Facilitator.

Registration

There is no cost for this training. To register, call Sam Sutker at 1-800-893-6246 ext. 5132 or send email to sam.sutker@smokymountaincenter.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 own life goals and dreams.

April 23-24 2014*
9:00 a.m. – 4:00 p.m.
WNC Dept. of Cultural Resources
176 Riceville Rd.
Asheville, NC 28805