

Create your own

WRAP

Wellness Recovery Action Plan

Key elements of WRAP:

- Wellness Toolbox
- Daily Maintenance Plan
- Identifying Triggers and an Action Plan
- Identifying Early Warning Signs and an Action Plan
- Crisis Planning
- Post Crisis Planning.

WRAP is designed and managed by you and is designed to:

- decrease and prevent intrusive or troubling feelings and behaviors
- increase personal empowerment
- improve quality of life
- assist you in achieving your own life goals and dreams.

Beginning Monday, March 22

For 8 Mondays

From 3-4:30 pm

Instructors: Tommy & Michelle S.

Trillium Drop-In Center, Inc
13184 Centerpointe Way
Woodbridge, VA 22193
703.763.3865

**5 Key Mental
Health Recovery
Concepts:**

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support

If you aren't able to attend this class but need a WRAP plan, talk with Trillium's Tommy or Michelle S. about other options.