

# WELLNESS RECOVERY ACTION PLAN (WRAP)

A workshop for those with lived experience of mental health challenges  
and those who want to write a WRAP

January 27, 2018 to March 31, 2018  
10 Saturdays 10:30 am-12 pm



**TOPICS OF MENTAL HEALTH RECOVERY INCLUDE:**  
Five Key Concepts of Recovery & Wellness Toolbox  
Six Parts of the WRAP Plan & Recovery Topics

**MBRLC/Peer Education Resource Center  
1500 Dorchester Ave, Dorchester 02122**

Please PRE-register as seating is limited by contacting Sarah Selkovits at (617)788-1034 or [sselkovits@baycove.org](mailto:sselkovits@baycove.org)  
This is a 10 week course and you can only miss 2 sessions to be certified.