

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 25, 2018 to March 29, 2018
10 Thursdays 3:15-4:45 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

This is a 10 week course and you can only miss 2 sessions to be certified.