

WELLNESS RECOVERY ACTION PLAN (WRAP)

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

Starting June 16, 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
This is a 10 week course and you can only miss 2 sessions to be certified including the first class.