

WRAP Classes

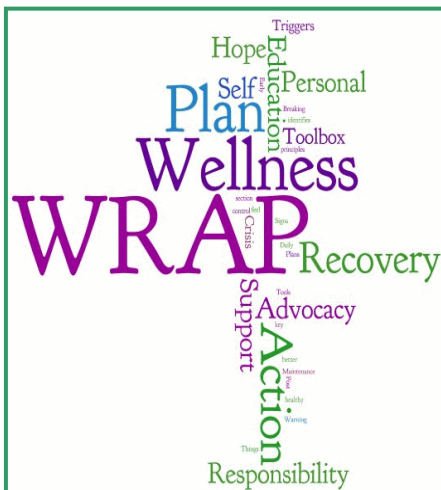
(Wellness Recovery Action Plan)

Learn how to recover through the WRAP program with **Kathy Nissley and Diane Brown - certified WRAP trainers.**

These classes are open to consumers, family members and mental health providers.

WRAP is designed and managed by YOU to decrease and prevent intrusive or troubling feelings and behaviors, to increase personal empowerment, to improve the quality of your daily life, and to assist you in achieving your life goals and dreams.

This 12-hour course will teach you:



- To create a wellness toolbox
- To develop a daily maintenance plan
- To identify triggers and how to deal with them
- To identify early warning signs and develop an action plan
- To identify when things are breaking down and plan how to address them
- To create a personal crisis plan
- To plan for when crisis has passed
- How to live your WRAP to a healthy and independent life!

***Classes will be taught every Thursday, from
October 6 to November 10, 2011***

Day of the week:	Thursday
Time:	6:00 – 8:00 p.m.
Location:	Mental Health Association of Lebanon County 15 South 9 th Street – Lebanon, PA 17042
Cost:	\$5.00 <u>per week</u> (\$30.00 total)*
To register:	please call the MHA office at 273-5781

*Please refer to our enrollment agreement. **Scholarships may be available.**