



The Wellness Recovery Action Plan (WRAP) is a self-created plan that is easily accessible and teaches self-help skills for dealing with physical and emotional difficulties. WRAP reminds the individual of how they look and feel at their best and the tools to use before becoming unwell. The individualized plan also highlights stressors and triggers and how to respond appropriately. When using the Wellness Recovery Action Plan, self-management of physical and emotional difficulties becomes possible and practical.

The Course Teaches:

- How to develop your list of activities for your everyday well-being.
- How to track stressors and triggering events and their early warning signs.
- Prepare your responses for when you are not feeling well or are having a hard time.
- Create a plan for your supporters to care for you if necessary.

Facilitator: Delia Keen, CRPS-AF and Arjan Gupta, CRPS-AVF

Location: Recovery Drop in Center
156 NE 8th Street
Homestead, FL 33030

Date: June 25th and 26th from 8 a.m. to 4 p.m.

Registration: Scan or call Delia Keen at 786-243-1003 x 300.

