



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. The individualized plan also highlights stressors and how to respond appropriately.

The Course Teaches:

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

Facilitators: Delia Keen, CRPS-AF, Cesar Lemoine, CRPS-A

Location: New Hope Unity Recovery Center, Serenity Room
6600 SW 62 AVE, South Miami, FL 33143

Date: November 12th & 13th

Time: 8:30 AM to 5:00 PM

CEU's: 16 hours of training will be given towards CRPS and 16 CEUs to other professionals.

To register, please scan the QR code:

