



# Wellness Recovery Action Plan®

This interactive seminar is for anyone interested in wellness, recovery, and creating their own evidence-based WRAP®. Participants learn how to develop personal life and wellness goals as they engage in mutual learning with peers. In the training participants learn to: In the training participants learn to:

- Identify personal wellness tools
- Notice early warning signs of distress
- Create action steps for when challenges arise
- Build a crisis plan and post-crisis recovery plan
- Strengthen self-advocacy and daily wellness routines

**Register by April 29, 2026**

**[Click here to reserve your spot today!](#)**

**May 1 & 4, 2026**

**3408 NW 7<sup>th</sup> Avenue**

**Miami, FL 33127**

**8:30am - 5:00pm (Friday & Monday)**

**Participants must attend both days of training to receive a certificate.**