

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 September 10, 2026

Click here to reserve your spot today!

September 17-18, 2026

3408 NW 7th Avenue

Miami, FL 33127

8:30am – 5:00pm (Thursday & Friday)

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