

WRAP

Wellness Recovery Action Plan

Every 2nd & 3rd week of each month

Session 1: Tuesday (12pm-4:30pm)

Session 2: Wednesday (10am-4:30pm)

Session 3: Tuesday (12pm-4:30pm)

Session 4: Wednesday (10am-4:30pm)

(Lunch Included on Wednesdays)

Reservations due by the prior Friday

Call 817-335-5405

Limited Class Size

@ MHA

3136 W. 4th Street

Fort Worth, TX 76107



A United Way Agency

WRAP Will Help You:

- Discover your own simple, safe Wellness Tools
 - Develop a list of things to do every day to stay as well as possible
 - Identify upsetting events, early warning signs and signs that things have gotten much worse and, using Wellness Tools, develop action plans for responding at these times
 - Guide you through the process of developing a Crisis Plan or Advance Directive
- Introduce you to Post Crisis Planning
- WRAP is for anyone, any time. It will support you in being the way you want to be and doing the things you want to do.