



# **WRAP**

## ***Wellness Recovery Action Plan is Coming to Park Ridge***

WRAP is an 8 week class to develop plans for daily living. It was created by Mary Ellen Copeland, PhD, while she was working on mental health recovery. WRAP-Wellness Recovery Action Plan focuses on learning to maintain wellness and recovery.

Create your own individual Wellness Toolbox filled with simple, safe ideas to help you stay well even when the going is difficult. Create an action plan for: Daily Maintenance, Triggers, Early Warning Signs and a Crisis Plan.

You will learn tools, skills, techniques and strategies to put a WRAP plan together that works for you.

Adults 18 and over are encouraged to participate. People with any and all types of mental health challenges are welcome.

**Wednesday Evenings, 7:00 – 9:00 pm,**

**Sept 20 – Nov 8, 2017**

**Lutheran General Hospital, Park Ridge**

The class is free, but **registration is required**. To register, call Fay or Moira at NAMI Cook County North Suburban, 847-716-2252 or for more info.

This class is sponsored by NAMI Barrington Area, NAMI Cook County North Suburban, & NAMI Northwest Suburban. The sponsors are local affiliates of the National Alliance on Mental Illness – The Nation's Voice on Mental Illness.