

# WRAP

## WELLNESS RECOVERY ACTION PLAN

Are you in recovery from mental illness and looking for a personal self-directed guide to daily living?

Are you looking for an empowering, effective and evidence-based education program to help you make a positive change in your life?

WRAP, an eight week recovery education class may be just what you are looking for.

### WHEN

Wednesdays, February 21 – April 11  
7:00 – 9:00 PM

### WHERE

North Hoffman/ Inverness

**YOU WILL LEARN:** To create your own Individual Wellness Toolbox filled with simple, safe ideas to help you feel good, stay well and feel better, even when the going is difficult

**YOU WILL DESIGN:** Your own Action Plan to manage, reduce and even eliminate symptoms to create a higher quality of life.

## ADVANCE REGISTRATION REQUIRED

Call Al at 847-496-1415  
to register or for more information

There is no charge for this valuable program

## SPONSORS

NAMI Barrington Area  
NAMI Northwest  
Suburban  
NAMI CCNS

## IF YOU ARE:

18 + years of age

In recovery

Focused on wellness, self-help and long term recovery

Looking for a plan

Seeking positive changes in your life

Registration required  
Please call Al or  
NAMI Barrington  
847-496-1415