

# WELLNESS RECOVERY ACTION PLAN (WRAP)

A workshop for those with lived experience of mental health challenges  
and those who want to write a WRAP

June 16, 2018  
10 Saturdays 1:15- 2:45 pm



## TOPICS OF MENTAL HEALTH RECOVERY INCLUDE:

Five Key Concepts of Recovery, & Wellness Toolbox

Six Parts of the WRAP Plan & Recovery Topics

**MBRLC/Peer Education Resource Center**

**1500 Dorchester Ave, Dorchester 02122**

Please PRE-register as seating is limited by contacting Sarah Selkovits at (617)788-1034 or [sselkovits@baycove.org](mailto:sselkovits@baycove.org)

This is a 10 week course and you can only miss 2 sessions to be certified.