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Wellness Recovery Action Planning

One-Day W.R.A.P. Workshop

The Family Education and Resource Center, in partnership with PEERS, invites all families of Alameda County to join us for our 1-Day WRAP Orientation. We are providing an opportunity for individuals that provide care and support to their loved ones who are experiencing mental health challenges.

Thursday November 19, 2009
10-am to 4pm

Eastmont Wellness Center
6935 Foothill Ste 100
Elmhurst-Sobrante Rm.

What is WRAP?

- The Wellness Recovery Action Plan is a person-centered program developed by Mary Ellen Copeland
- The WRAP is used primarily for working with and learning from distress, including psychiatric and substance abuse issues.
- WRAP can be empowering; it can promote self-knowledge, and enhance your ability to build and communicate with your loved one.
- It is a great method for cultivating and using your natural abilities to take care of yourself!

Our Goals

- Participants will have the tools needed to develop their own personal WRAP
- Encourage positive communication within families
- Foster mutual learning through the demonstration of shared experiences
- Development of personal awareness

SPACE IS LIMITED

**To register please call:
Katrina Killian
510-746-1706**

** * Lunch will be provided * **