

# WRAP

## Wellness Recovery Action Plan

### Come WRAP With Us

**WRAP is built on 5 key concepts: Hope, Personal Responsibility, Education, Self Advocacy, and Support.**

**You learn to create your own Wellness Recovery Action Plan in a WRAP class. Classes meet for 7 half-day sessions. Topics covered:**

- Five Key Concepts of Recovery
- Creating a Daily Maintenance Plan
- Identifying My Triggers
- Early Warning Signs
- When Things Are Breaking Down
- Creating a Crisis Plan

**Dates:**  
**Nov. 14, 16**  
**Nov. 21,23**  
**Nov. 28,30**  
**Dec. 5**  
**1:00-3:30 each day**



**Light Refreshments Provided**

**D.A.W.N. Society Clubhouse, 11715 72nd Ave. North Delta. 604-596-6694**

**Phone Lana to register. Limited to 12 participants.**