**Seminar I: Developing a Wellness Recovery Action Plan®**



**Course Description:** WRAP Seminar I is offered in several workshops depending on the number of participants. This course is for anyone who wants to learn about the WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. These workshops are designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce.

**This Class Fulfills the Prerequisites for WRAP Facilitator Training**

**Learning Objectives**

Through Participation in these workshops people will be able to:

* Apply Key Concepts of Recovery into their everyday life to improve their quality of life.
* Identify tools and action plans to counter the negative effects of life challenges and improve responses to disturbing thoughts and feelings to achieve improved states of wellness.
* Describe the history, foundations and structure of the Wellness Recovery Action Plan®.

[**www.wrapofdc.org**](http://WWW.wrapofdc.org)

**Mental Health Recovery**

**Including**

**Wellness Recovery Action Planning (WRAP)**

**A workshop for people who experience mental health challenges and for those who care about them**

TOPICS INCLUDE:

* Empowerment & Responsibility
* Developing a Wellness Recovery Action Plan
* Diet, Light & Exercise
* Preventing & Avoiding Suicide
* Stress Reduction & Relaxation Methods
* Developing & Keeping Support Systems
* The Importance of Education
* Taking Preventative Action Early
* Changing Negative Thoughts to Positive Ones
* Taking Responsibility for Wellness
* Building Self-Esteem & Self-Confidence
* Peer Counseling

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