**Dreamers and Achievers Center, Inc.**

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

**June 2025**

**Session Calendar**

**Facilitator Name: Gerard Thomas, ALWF / CPS**

|  |  |
| --- | --- |
| **Tuesday**  **1pm – 3pm** | **Thursday**  **1pm – 3pm** |
| **June 3rd**    **Session 1**  **Introduction to Key Concepts and WRAP®** | **June 5th**    **Session 2**  **Wellness Toolbox** |
| **June 10th**    **Session 3**  **Wellness Toolbox (Continued** | **June 12th**    **Session 4**  **Daily Maintenance Plans & Triggers** |
| **June 17th**    **Session 5**  **Early Warning Signs &**  **When Things are Breaking Down** | **June 19th**    **Session 6**  **Crisis Planning 1** |
| **June 24th**    **Session 7**  **Crisis Planning 2** | **June 26th**    **Session 8**  **Post Crisis Plan** |

**Comments:**

[**Online Zoom WRAP Group**](http://dreamersandachievers.org/)**s  
Tuesdays & Thursdays   
1 pm - 3 pm**

[**http://dreamersandachievers.org/**](http://dreamersandachievers.org/)

[**www.wrapofdc.org**](https://www.wrapofdc.org/what-is-wrap)

**Dreamers and Achievers Center, Inc.**

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

**July 2025**

**Session Calendar**

**Facilitator Name: Gerard Thomas, ALWF / CPS**

|  |  |
| --- | --- |
| **Tuesday**  **1pm – 3pm** | **Thursday**  **1pm – 3pm** |
| **July 8th**    **Session 1**  **Introduction to Key Concepts and WRAP®** | **July 10th**    **Session 2**  **Wellness Toolbox** |
| **July 15th**    **Session 3**  **Wellness Toolbox (Continued** | **July 17th**    **Session 4**  **Daily Maintenance Plans & Triggers** |
| **July 22nd**    **Session 5**  **Early Warning Signs &**  **When Things are Breaking Down** | **July 24th**    **Session 6**  **Crisis Planning 1** |
| **July 29th**    **Session 7**  **Crisis Planning 2** | **July 31st**    **Session 8**  **Post Crisis Plan** |

**Comments:**

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