**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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