

Wellness Recovery Action Plan

What is a Wellness Recovery Action Plan (W.R.A.P.) ?

Mary Ellen Copeland, the creator of W.R.A.P. describes it as a system for monitoring, reducing and eliminating uncomfortable or dangerous physical and emotional difficulties. This system was developed by people who have been dealing with a variety of psychiatric symptoms for many years and are working hard to feel better and get on with their lives!

Are you interested in learning more?

Join us for an overview!

Monday June 14th, 2010

5:30pm-7:30pm

Waltham

Advocates Admin Office

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This group is sponsored by the Metro Suburban Recovery Learning Community