

WRAP[®]

Seminar One

WRAP I is beneficial for ALL ADULTS and has been found to work well for people with mental health issues, medical conditions such as diabetes, weight gain and pain management, and life issues like addictions, smoking and trauma. It can also be used as a guide in interpersonal relationships in peer support, recovery groups, agencies, and organizations. WRAP is being used in schools, prisons, hospitals, veterans' facilities, with people of all ages, including children, transition age youth, and seniors.

In developing your own WRAP, you'll identify the Wellness Tools that you already use that help you get well, stay well and improve the quality of your life. You will learn how to use these tools when you need them--every day, or when you notice particular feelings, behaviors or experiences.

WRAP will help you notice when things seem to be not quite right in your life, and help you use effective ways you have discovered to get yourself back to feeling your best.

WRAP planning also includes Crisis Planning, and Advance Directive that lets others know how you want them to respond when you cannot make decisions, take care of yourself, or keep yourself safe. Your Post Crisis Plan will guide you when you are healing from a crisis.

Please join us for an enjoyable, enriching and invigorating time of listening, sharing and learning with each other.

**WRAP I is for any and every adult looking to improve their wellness!
January 26-27 (from 9:15 am to 4:45 pm at the Kaposia Maple Leaf
Conference Room - 223 Little Canada Rd. E, Little Canada, MN 55117)**

Is Wellness Recovery Action Plan (WRAP) for YOU?

- This group will offer a safe environment to share your experiences.
- This group is an interactive process of mutual learning, sharing and support.

By the end of WRAP Seminar One, we hope you will:

- Experience connections with others going through a similar experience
- Develop tools to stay as well as possible
- Identify shared resources to guide you through tough moments



To participate in WRAP®, contact Patti Bitney Starke at pbitneystarke@kaposia.com or (651) 224-7249. If you have any questions, call Patti Bitney Starke (651) 789-2820. We hope to see you soon!