

# WRAP Group

## (Wellness Recovery Action Plan)

The WRAP group helps you create a wellness plan for any area of your life. It supports you in recognizing when things are going well and when they are not. The group also helps you better understand yourself and identify ways others can support you during times of struggle.

This is an 8-week class designed to help you develop a personalized plan that works for you.



**Every Monday**  
**5:00-6:00pm**

Full Circle RCC  
300 West Broadway, Suite 108  
Council Bluffs, IA 51503

For any questions, please contact Jaymie Rowe at 712-560-6296 or [jrowe@recoverfullcircle.org](mailto:jrowe@recoverfullcircle.org)



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