

WRAP

WELLNESS RECOVERY ACTION PLAN

Are you in recovery from mental illness and looking for a personal self-directed guide to daily living?

Are you looking for an empowering, effective and evidence-based education program to help you make a positive change in your life?

WRAP, an eight week recovery education class may be just what you are looking for.

WHEN

September 21st – November 9th
Wednesdays, 7:00PM – 9:00 PM

WHERE

St Edna Church
Arlington Heights

YOU WILL LEARN: To create your own Individual Wellness Toolbox filled with simple, safe ideas to help you feel good, stay well and feel better, even when the going is difficult

YOU WILL DESIGN: Your own Action Plan to manage, reduce and even eliminate symptoms to create a higher quality of life.

ADVANCE REGISTRATION REQUIRED

Call Al at NAMI
Barrington
847-496-1415

There is no charge for this valuable program

SPONSORS

NAMI- Barrington Area
NAMI- Cook County
North Suburban

IF YOU ARE:

18 + years of age

In recovery

Focused on wellness, self-help and long term recovery

Looking for a plan

Seeking positive changes in your life

Registration required
Call Al at
NAMI Barrington
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