

Wellness Recovery Action Program (WRAP)



- WHAT:** Become better able to handle your moods and actions
Identify *your* triggers and what to do about them
Fill *your* personal "tool kit" and learn how to best use it
Build your personal support base and have fun!
- WHY:** **To take more control over your life and mental health!**
- WHEN:** Wednesdays, Feb 15 - April 11, 2012 1:00 - 3:00pm
- WHERE:** Fredericksburg Baptist Church
1019 Princess Anne Street in downtown Fredericksburg
Rm A-102 (at Amelia St, great parking across the street)
- COST:** None for participants

Reserve your space soon!

To enroll or for more information about WRAP, call MHAF at 540-371-2704 or send an email to mhafred@mhafred.org.

Facilitators: Karen Kallay and Mary Brown

By program requirement, Certified WRAP Facilitators are "peer consumers" - individuals who know mental illness first hand and have incorporated WRAP principles into their lives. They have completed a rigorous 40-hour training program covering facilitation skills, program principles, and guidelines. They bring audio and visual aides that supplement handouts for participants to keep.

Finding the meeting room: from Princess Anne Street, follow signs to the exterior door for the church office. Once inside, go straight ahead. Immediately past the water fountain take hallway to the right.

Sponsored by Mental Health America of Fredericksburg (MHAF)

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