Create Our Life with...

WRAP®
(Wellness Recovery Action Plan®)
8-WK Session
Tirus Ashford & Sophia Huang, Co-Facilitators
Oil Up Our Wellness Machine, or Jumpstart Our Recovery with WRAP®

Mondays 1:00 – 3:00 P.M.

- Define our wellness;
- Identify wellness tools that we could use daily to keep us well;
- Identify triggers and early warning signs and action plans on how to keep ourselves well when they start making us uncomfortable;
- Customize our wellness and recovery action plan;
- Create a plan that will keep us in control even during very challenging times;
- Develop a reliable and dependable support system that will have our wellness on top of the list.

Location
Central Wellness & Benefits Center
2221 Enborg Lane
San José, CA 95128

Questions? Comments?
Tirus Ashford
Phone 1 408 885-6295
Website www.sccbhsd.org
Starts Monday, 06-10-19

Photo by Lisa Willmes, WRAP® Group, San José First United Methodist Church, San José, CA, 2017.