



SANTA CLARA COUNTY
Behavioral Health Services

Supporting Wellness and Recovery

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[®]

Monday

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.



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

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

Questions? Comments?
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