Build Your Life with:

WRAP®
Wellness Recovery Action Plan®
Dual Diagnosis Recovery with WRAP®

Fridays
1:30 p.m. – 2:30 p.m.

- Custom Design YOUR Personal RECOVERY PLAN
- Create an ACTION PLAN to know what keeps you well
- Identify TRIGGERS, EARLY WARNING SIGNS, and WHEN THINGS ARE BREAKING DOWN
- Learn about CRISIS PLANNING
- Identify SUPPORTERS

Location:
Esperanza Self-Help Center
1235 First Street
Gilroy, CA 95020
1 (408) 852-2460
www.sccbhsd.org/esperanza

COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery