

Announcing A
WRAP Workshop

*Brought to you by Wellness In the Woods and grant funding from
The Substance Abuse and Mental Health Services Administration*

Facilitated By Nancilyn Meyer-Nail

When: *Wednesday's from 3PM-5PM Starting August 24th, 2016*

This is a 10 week workshop and participants are expected to make a commitment to be at all sessions.

Where: *Zion Lutheran Church*

2901 US Hwy 169, Grand Rapids, MN 55744

Who's Invited: *Individuals interested in or in any stage of recovery who are seeking mental wellness.*

Why: *The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues. WRAP has been studied extensively in rigorous research projects and is listed in the National Registry of Evidence-based Programs and Practices.*

What to Expect: *Some of the things we'll accomplish during this 10 week workshop:*

- *Create a Wellness Toolbox*
- *Identify Triggers and Create a Plan to Cope With Them*
- *Establish a Daily Maintenance Plan to Help You Maintain Your Mental Health*
- *Identify What it Looks Like When Your Breaking Down and Create A Plan for Renewal*
- *Experience Some New Wellness Tools*
- *Create a Crisis Plan and/or Mental Health Advanced Directive*
- *Meet Other Individuals Who are Focused on Mental Wellness*

For Questions Or to Register
Call Nancilyn at (218) 259-6028
Or Email at nancilynmeyer@gmail.com

Thank You to:

