



Wellness in the Woods will host WRAP Seminar I on April 27-28, *MRC 2017 at 822 South 3rd Street, Suite 101*

Minneapolis, MN, 55415 MN. 9-4:30 each day!

Lunch will be on your own. There is no **fee** for this training as it is funded through the Substance Abuse and Mental Health Services Administration

Register at: <https://www.eventbrite.com/e/wrap-seminar-1-tickets-32072880850?aff=es2>

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

Questions: jode@mnwitw.org

Facilitated by Jode Freyholtz-London Advanced Level WRAP Facilitator,
Christine Johnson- Copeland Trained WRAP facilitator