

Virtual Wrap Training

Wellness Recovery Action Plan – Seminar 1

Area Residents of Buffalo, Monticello or Elk River
MN

Nov 19th and 20th
9:00 – 4:30

WRAP is a 15 hour evidence based seminar that assists participants in creating their own wellness plan. Each plan is personally designed and managed by the participant. WRAP participants have reported an increase in personal empowerment and improved quality of life. This virtual course is free to attend thanks to funding provided by Lake Area Medical Development Fund. It is taught by Copeland Center trained facilitators. Registration is required. Upon registration completion you will receive materials via USPS and along with Zoom log-in details.

REGISTRATION AT EVENTBRITE

<https://www.eventbrite.com/e/wellness-recovery-action-plan-15-hr-seminar-tickets-122562380379>

Funded through a partnership with the Community Adult Mental Health Initiative



- Hope
- Wellness Toolbox
- Identifying Stressors
- Self-Advocacy

15 Hours CEUs
Available for
Peer Support Specialists
Peer Recovery Coaches