

# Wellness Recovery Action Plan (WRAP)



## What is WRAP

- \* Self-management and recovery program
- \* Improves quality of life
- \* Increases personal empowerment

**Dates: January 23rd - March 19th**  
**Monday nights from 6:30p-8p**

**Location:**

**Belleville First Church of the Nazarene**

Support



**RSVP**  
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Hope

