



WRAP
WELLNESS RECOVERY ACTION
PLAN COURSE

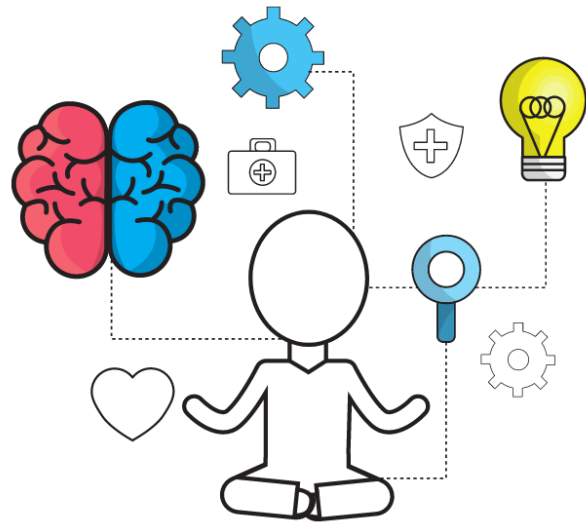
**FREE
VIRTUAL
COURSES**

LEARN TOOLS AND SKILLS TO IMPROVE AND MAINTAIN YOUR EMOTIONAL WELLBEING

Whether you're dealing with stress, anxiety, depression, or other emotional challenges, or are trying to live an overall healthier life, our Wellness Recovery Action Plan course will help you on your path to wellness.

During the no-cost, peer-led, judgement-free course, you will:

- Learn to develop a daily 'wellness toolbox' including stress reduction, healthy habits, and lifestyle changes.
- Create a daily maintenance plan to support your wellness.
- Learn to recognize triggers and gain control of your life.
- Identify a crisis plan and supportive people to turn to in times of need.



There are a variety of FREE courses, dates & times available!

Please register by: October 31st at 5PM

**Mondays &
Wednesdays
(No WRAP**

Thanksgiving week)
Nov 1 - Dec 1, 2021
11:00 AM – 12:30 PM



**Tuesdays &
Thursdays
(No WRAP**

Thanksgiving week)
Nov 2 – Dec 2, 2021
1:00 PM – 2:30 PM



**Tuesdays &
Thursdays
(No WRAP**

Thanksgiving week)
Nov 2 – Dec 2, 2021
3:00 PM – 4:30 PM



More information?

Contact MHANI 260-422-6441

MHIA
Mental Health America
of Northeast Indiana