



Wellness Recovery Action Plan (WRAP®)

When & Where:

- ❖ **Location:** The Mental Health Association in Forsyth County
- ❖ **Address:** 1509 South Hawthorne Road, Winston-Salem, North Carolina 27103
- ❖ **Dates:** [Jan.8,2019 @ 9am-5pm](#); [Jan.10,2019 @ 9am-5pm](#); & [Jan.14 2019 @ 9am-2:30pm](#) **(MUST ATTEND ALL 3 DATES)**
- ❖ **Contact Information:** Susan Wheeler at 336.768.3880 (or) susan@triadmentalhealth.org
- ❖ **Cost:** \$10 dollars per participant (*NON-REFUNDABLE*).

Description:

- ❖ Are you pursuing a North Carolina Peer Support Specialist certification? This 20-hour course is approved by the State of NC to fulfill 20 hours of the total 60-hour educational requirement for certification as a Peer Support Specialist.
- ❖ The course is also beneficial to anyone who is interested in monitoring, reducing and eliminating uncomfortable or dangerous physical and emotional difficulties. The course textbook, "Wellness Recovery Action Plan," written by Mary Ellen Copeland, PhD, is provided.

Additional Sessions in 2019

Exact dates TBD

May 2019

Aug 2019

Oct 2019

The Wellness Recovery Action Plan (WRAP) training will be sponsored by the Mental Health Association in Forsyth County



**Mental Health
Association**