



MONDAY NIGHTS @ 6:30 – 8:30 PM

6/13/16-8/1/16

WEDNESDAY MORNINGS @ 10:00 AM – 12:00 PM

6/15/16-8/3/16

WELLNESS RECOVERY ACTION PLAN (WRAP)

Develop Your Own WRAP

Create your personalized self-management tool for wellness and recovery

Free 8-week WRAP Class offered at NAMI-MC

At Community Resource Center (CRC) Building

620 Dakota St, Crystal Lake

Call Susie at 815-308-0854 to register today!



- Wellness Toolbox
- _____
- Daily Maintenance Plan
- _____
- Identifying Triggers and an Action Plan
- _____
- Identifying Early Warning Signs and an Action Plan
- _____
- Identifying When Things are Breaking Down and an Action Plan
- _____
- Crisis Planning
- _____
- Post Crisis Planning

NAMI MCHENRY COUNTY
620 Dakota St
Crystal Lake, IL 60012
815.308.0851

www.namimchenrycounty.org

MONDAY NIGHTS
-or-
WEDNESDAY MORNINGS