



Barrington Area  
Cook County North Suburban  
Northwest Suburban

## ***WRAP class***

### ***Wellness Recovery Action Plan***

### ***Arlington Heights March 14- May 2***

WRAP is an 8 week recovery education course that teaches an individual in recovery how to develop a self-directed plan to use as a personal guide to daily living. It was created by people in recovery from mental illness and focuses on self-help, recovery, and long-term stability.

Participants should be 18+ years old and interested in making a positive change in their lives. People with any and all types of psychiatric diagnoses are welcome.

WRAP is empowering, effective, and evidence based; time-tested and widely used; and can be applied to many illnesses and issues.

WRAP reminds us that it is good to have a plan to help us cope better with life's challenges, and that we have choices.

Learn how to create your own individual Wellness Toolbox, filled with simple, safe ideas to help you feel good, stay well, and feel better even when the going is difficult.

Create an action plan for: Daily Maintenance, Triggers, Early Warning Signs, Crisis Planning, and more.

You will learn how to design your own action plan to manage, reduce, and even eliminate symptoms to create a higher quality of life

***Eight Tuesday evenings, March 14 –May 2***  
***6:30 – 8:30 NW Community Hospital Arlington Heights***

Free, but registration is required: **Call Joy at 224-279-5707**  
to register or for more information

This class is sponsored by NAMI Barrington Area,  
NAMI Cook County North Suburban and NAMI Northwest Suburban  
The sponsors are local affiliates of the National Alliance on Mental Illness –  
the Nation's Voice on Mental Illness.