



Wellness Recovery Action Plan (WRAP) *For Veterans and Their Families*

WRAP is a simple and powerful process for creating the life and wellness you want.

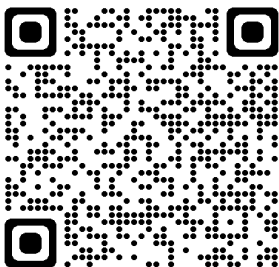
With WRAP, you can:

- Become an advocate for your own wellness goals
- Educate yourself on proper maintenance and crisis planning; and learn personal triggers and early warning signs
- Develop a personal responsibility for your own wellbeing
- Establish medical management tools for ongoing concerns

The MCCMH WRAP Support Group helps veterans and family members learn and utilize WRAP strategies and tools effectively. Please join us to learn begin your own personal plan and learn how it can support you through difficult times.



To learn more about how WRAP programs help people across the country, visit www.wellnessrecoveryactionplan.com or scan the QR code.



WHEN: 1st Wednesdays (monthly)

reservations are appreciated

FROM: 5-7 p.m. EST

WHERE: MCCMH North

43740 N. Groesbeck Hwy

Clinton Township, 48036

OR

Zoom ID: 856 3918 3344

Passcode: 108319

QUESTIONS: 586.246.7679

