



# Wellness Recovery Action Plan

## Supporting veterans and their families

Take charge of your well-being with a Wellness Recovery Action Plan (WRAP). This simple yet effective process empowers you to create the life you want by:

- Advocating for your wellness goals
- Understanding your triggers and early warning signs, and developing maintenance and crisis plans
- Taking responsibility for your well-being
- Establishing medical management tools for ongoing concerns

At MCCMH, our WRAP Support Group helps veterans and their families learn how to use WRAP strategies and tools. Please join us to learn more about how to begin your own personal plan and learn how it can support you through difficult times.

**WHEN:** First Wednesday of the month, 5-7 p.m. EST

*Reservations are appreciated*

**WHERE:** MCCMH North

43740 North Groesbeck Highway  
Clinton Township, 48036  
OR

**Zoom ID:** 897 2864 8651

**Passcode:** 414374



**Contact the Veteran Peer Support Specialist at 586-246-7679  
to reserve your spot or ask any questions.**

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board. MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.

 [mccmh.net](http://mccmh.net)

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