



Wellness Recovery Action Plan for Veterans

Take charge of your well-being with a Wellness Recovery Action Plan (WRAP). This process helps you:

- Advocate for wellness goals
- Understand triggers and develop crisis plans
- Take responsibility for your well-being
- Establish medical management tools



MCCMH offers a support group for veterans and their families to learn about WRAP strategies. Join us to start your own personal plan!

When: First Tuesday of every month, 5:30-7:30 p.m.

Where: MCCMH West

6555 15 Mile Road

Sterling Heights, MI 48312

OR

Zoom Meeting ID: 861 7969 3715

Passcode: 898558

**Call 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

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