Join us for a WRAP workshop

THURSDAY MORNINGS @ 10 am - 12 pm
3/16/17 - 5/18/17

WELLNESS RECOVERY ACTION PLAN (WRAP)

Develop Your Own WRAP

Create your personalized self-management tool for wellness and recovery.

Free 10-week WRAP Class offered at Brain Injury Services

Call Jennifer Ardis at (571) 285 2480 x 102
or Sara Aly at (703)451-8881 x243

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

This workshop is for any client who wants to learn about WRAP and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life.

The workshop is highly interactive and encourages participation and sharing from all participants.

BRAIN INJURY SERVICES

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