



nami
National Alliance on Mental Illness

**McHenry
County**



WELLNESS RECOVERY ACTION PLAN

PROMOTING RECOVERY, FINDING POSSIBILITIES
AND CREATING WELLNESS WITH WRAP

- ✓ Develop a comprehensive, personalized and strength-based WRAP plan to help you achieve your recovery goals
- ✓ Manage symptoms yourself
- ✓ Improve your quality of life
- ✓ Courses are FREE
- ✓ Taught by trained WRAP facilitators
- ✓ For individuals living with mental illness who are over the age of 18

An eight (8) week commitment with a personal manual for wellness that can be used for many facets of life!

Are you interested in WRAP?

WRAP is designed and managed by you and is designed to:

- ⇒ Decrease and prevent intrusive or troubling feelings and behaviors
- ⇒ Increase personal empowerment
- ⇒ Improve quality of life
- ⇒ Assist you in achieving your own life goals and dreams

Select from Daytime or Evening

Tuesdays running February 27th - April 17th

1:00 pm - 3:00 pm or 6:00 pm - 8:00 pm

NAMI McHenry County, 620 Dakota Street, Crystal Lake (Front building, conf. room B/C)

Space is limited - So sign-up **TODAY!!**

To register call, 815.308.0851 or email pseyler@namimchenrycounty.org

For questions contact James Carpenter, 815.308.0856