

WELLNESS RECOVERY ACTION PLAN

JULY 22ND & JULY 23RD



Do you want to learn how to live well?
Let's learn WRAP together!!
Wellness Recovery Action Plan (WRAP)
is a tool that people can use to live
better lives.

This in-person workshop is for
parents/caregivers wanting to learn
how to manage life challenges when
they are not well.

Do you feel like people are not listening to you when you need help?

Want to learn how to let people know that
you are not well and may need some help?

Are you planning a surgery but don't know how you will
manage your duties as a parent while trying to recover?

If you answered yes to one or more to the above questions,
please join our 2-day workshop on **July 22nd & 23rd in Columbia** from
9:00 a.m. – 5:00 p.m. Participants must attend both sessions.
Let's get your WRAP started together!

WRAP is FREE, but registration is highly encouraged! Register today at
<https://bit.ly/wrap2022>



Federation of Families
of South Carolina

A Voice for Children's Mental Health in SC

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TEXT WELLNESS TO 888.995.3372
TO LEARN MORE DETAILS ABOUT THE
WRAP SESSIONS.