



Wellness Recovery Action Plan at No Cost!

Thanks to Washington State Healthcare Authority Valley Cities is offering W.R.A.P. I (valued at \$300) and W.R.A.P II Seminars (valued at \$1,000) at no cost!

What is W.R.A.P?

The Wellness Recovery Action Plan is an evidence-based, personalized wellness and recovery program where individuals are equipped with the tools they need to:

- Help prevent intrusive and troubling thoughts, feelings, and behaviors
- Empower themselves to take control of their wellness
- Set up a support network for crisis situations
- Help improve their quality of life
- Set goals and achieve them

Every W.R.A.P. is uniquely designed and implemented by participants as it is their program. Wellness Recovery Action Plans are based in self-determination and include Crisis Planning that lets others know how they can respond when an individual cannot make decisions, take care of themselves, or keep themselves safe.



Washington State
Health Care Authority

VALLEY | CITIES
Behavioral Health Care

<https://forms.office.com>

/r/1VU8FaEwFvt

Scan to register

Email lbrown@valleycities.org with any questions

W.R.A.P. Seminar I

September 5th-6th, 2023
33405 8th Ave South, Suite 200
Federal Way, WA 98003
8:30am - 4:30pm
LUNCH PROVIDED!

Participants will be introduced to the five key recovery concepts of W.R.A.P.:

- HOPE
- PERSONAL RESPONSIBILITY
- EDUCATION
- SELF-ADVOCACY
- SUPPORT

This course guides participants in establishing a personal W.R.A.P.

W.R.A.P. Seminar II

September 25th-29th, 2023
33405 8th Ave South, Suite 200
Federal Way, WA 98003
8:30am - 4:30pm
LUNCH PROVIDED!

Participants will learn and equip themselves with the knowledge, skills, and tools to facilitate W.R.A.P. Seminar I.

Participants will engage in interactive activities, learn how to successfully facilitate W.R.A.P., demonstrate their personal success using W.R.A.P. as well as prove understanding of W.R.A.P. ethics and values.

You must have first completed W.R.A.P. Seminar I to register