

Wellness Recovery Action Program (WRAP)



- WHAT:** Become better able to handle your moods and actions
Identify *your* triggers and what to do about them
Fill *your* personal "tool kit" and learn how to best use it
Build *your* personal support base and have fun!
- WHY:** **To take more control over your life and mental health!**
- WHEN:** Wednesdays, Feb. 3 - March 31, 2010 from 1:00 - 3:00 p.m.
- WHERE:** Central Rappahannock Regional Library, Room 1
1201 Caroline Street (downtown Fredericksburg)
- COST:** None for participants

Reserve your space soon!

To enroll or for more information about WRAP,
call MHAF at 540-371-2704 or send an email to mhafred@mhafred.org

Facilitators: By program requirement, Certified WRAP Facilitators are "peer consumers" - individuals who know mental illness first hand and have incorporated WRAP principles into their lives. They have completed a rigorous 40-hour training program covering facilitation skills, program principles, and guidelines. They bring audio and visual aides that supplement handouts for participants to keep.

Karen Kallay has led many training and support groups during her professional and volunteer careers. She will occasionally be assisted by Velma Walker, who is also well known as a member of multiple local advocacy organizations.

**Sponsored by Mental Health America of Fredericksburg (MHAF) through a grant
from the Mary Washington Hospital Community Service Fund**