



WRAP

Wellness Recovery Action Planning

Starts on January 4th

Wednesdays, 10:30AM – 12:00PM

Metro North Hub/Department of Mental Health

Conference Room

Suite 301

27 Water St., Wakefield

Join this 10-session class to learn how to manage uncomfortable or distressing feelings. Learn how to put the pieces into place so that you can make a real plan for your own recovery and lasting wellbeing.

DATES

January 4

February 1

February 29

January 11

February 8

March 7

January 18

February 15

January 25

February 22

For more information about the class and to register, please contact:

Vida Whitcomb

(978) 687-4288 x146

vwhitcomb@nilp.org

If communication accommodations are needed, please call at least two weeks prior. To accommodate people with chemical sensitivities, please do not use perfume or scented clothing.

