

W.R.A.P © (Wellness Recovery Action Plan)

WHERE:

Newry City Library

WHEN:

21st & 22nd November 2022

TIME:

10:00am - 5:00pm (each day)

**FREE
COURSE**

WRAP (Wellness Recovery Action Plan) is a simple but powerful approach for creating the life and wellness you want. The WRAP approach supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life.

Interested in our course?

Get in touch and register today:



Telephone: 02830257012



Email: recoverycollege.east@southerntrust.hscni.net