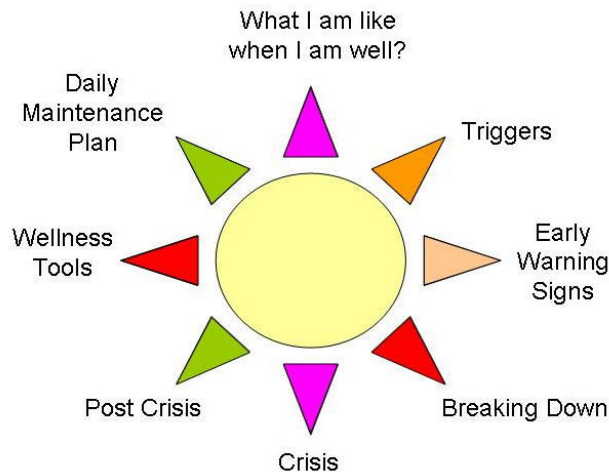


# WRAP Training in England 2011

## Wellness Recovery Action Planning



Odhams Industrial Estate,  
St Albans Road,  
Watford, WD24 7RT

Monday  
23<sup>rd</sup> November 2011  
9:30am to 4:30pm

### **A full day training in the use of Wellness Action Recovery Planning**

Develop your personal plan for good health and to be prepared for any future crises. WRAP has been in use since 1989 and is accepted by mental health professionals around the world as an effective route to recovery for most forms of mental distress. Our facilitators have many years experience using WRAP for their recovery and continuing wellness. "Having your own WRAP helps you understand other people's journeys."

### **Who is the course for?**

We are inviting 'people wanting to plan their wellness or recovery', carers, charity and NHS workers from Hertfordshire and adjoining counties to join this course.

### **WRAP in just one day?**

We consider all aspects of WRAP as participants gain tools to further develop plans started on the day. We enjoy a full range of workshop activities with just a few being shorter than on the highly recommended traditional two day option. Excellent time-keeping is essential for the one day course.

### **Outline**

- The values and ethics of WRAP
- Having aims / planning as a skill
- 5 key concepts of recovery
- 7 step plan for staying well / learning from crisis

Our WRAP facilitator for this course in Watford has been involved with the mental health recovery movement for 13 years, is a qualified stress advisor, Mental Health First Aid instructor and a published author.

To book a place on 23rd November course please feel free to contact Roger:

Email: [roger@wraptraining.co.uk](mailto:roger@wraptraining.co.uk) Phone: 01476 404221