



WRAP LAB[®]

(WELLNESS. RECOVERY, ACTION, PLAN[®])

Saturdays 1:00pm

Click to [Join Class](https://join.skype.com/u1HGtEVlrIKY)

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Introduction

Created by Mary Ellen Copeland, PhD. and produced by the Copeland Institute[®], WRAP[®] is a structured training program that reduces and eliminates physical and emotional difficulties. At the center of the instruction is the *WRAP[®] Plan*, a personal journal of self-examination and self-actualization. Identifying your behavior; from what it is like when you are feeling well, what is your pre-crisis plan, your crisis plan and importantly what is your post-crisis plan. At the end of this program you will have a complete plan that guides your recovery.

The class is broken down into 8 Chapters:

Chapter 1

- Developing a Wellness Toolbox

Chapter 2

- Daily Maintenance Plan

Chapter 3

- Triggers

Chapter 4

- Early Warning Signs

Chapter 5

- When things are breaking down

Chapter 6

- Crisis Planning

Chapter 7

- How to use your WRAP[®]

Conclusion

WRAP[®] has been shown to be a great tool for recovery. It is on-going and adaptive throughout a person's life.