



Seminar I: Developing Your Own Wellness Recovery Action Planning (WRAP)

Session Details

Training Type:

Seminar I: *Developing a Wellness and Recovery Action Plan*

Event Date: Dec. 1, Dec. 2, 3rd, 2021

Time: 8:30am-4:15pm

Location: Eldridge Library, 200 N 6th Ave, Eldridge, IA 5274

Must attend all dates to receive your certification of completion. This class fulfills the prerequisites for WRAP Seminar 1 and to attend WRAP Seminar 2

Lunch will be provided for all three days.

Learning Objectives Through Participation in these workshops people will be able to:

- Apply Key Concepts of Recovery into their every day life to improve their quality of life.
- Identify tools and action plans to counter the negative effects of life challenges and improve responses to disturbing thoughts and feelings to achieve improved states of wellness.
- Describe the history, foundations and structure of the Wellness Recovery Action Plan®.

Course Description: This course is for anyone who wants to learn about the WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. This workshop is designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce and is an evidence-based practice

Materials: You will receive a copy of the [WRAP book by Mary Ellen Copeland](#) for the course.

To register contact Todd Noack @ 563-726-3244 or **email:**
todd@lifeconnectionsrecovery.org

Registration is open now until November 23rd, 2021

18.75 CEU's will be provided through the Iowa Board of Certification (Generic)

Facilitators:

Todd Noack and Ed Murphy

Registration Fee:

Free to Eastern Iowa providers

Sponsored by [Eastern Iowa MH/DS Region](#)