


**In-Person
Group**

Wellness Recovery Action Plan (WRAP)

**For adults who experience
mental health conditions
and challenges**

 **Mass General Brigham
McLean**



**10 Sessions
Fridays
10:00 a.m. -
Noon**

Topics Include:

- **Creating a wellness toolbox**
- **Daily maintenance planning**
- **Action plans for triggers/stressors**
- **Recognizing early warning signs**
- **Action plans for when things are breaking down**
- **Crisis & post-crisis planning**
- **Community integration and support**

Contact

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**Group is free, just contact
Lisa to register.**