

W_{ellness} R_{ecovery} A_{ction} P_{lan}

Are you looking for ways to grow in your
mental health recovery?

What is the WRAP Education Program?

- An eight-session class
- Designed for individuals with mental illnesses over the age of 18 in recovery
- Develop a comprehensive, personalized and strength-based WRAP plan
- Learn how to achieve your recovery goals, manage symptoms yourself, and improve your quality of life
- WRAP courses are taught by trained WRAP Facilitators who are in their own mental health recovery

NAMI DuPage - 115 N. County Farm Road
Wheaton, IL 60187 - 630-752-0066
www.namidupage.org

Go to www.namidupage.org to
register for a class!



“I am planning on being more productive in managing illness. This class has given me some perspective on my illness/ condition.”

“I feel like I progressed with personal responsibility. I'm more prepared for any issue with my 'toolbox'”

“Some personal changes I have made as a result of participating in WRAP is keeping track of how I'm feeling both mentally and physically-keeping myself accountable.”

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