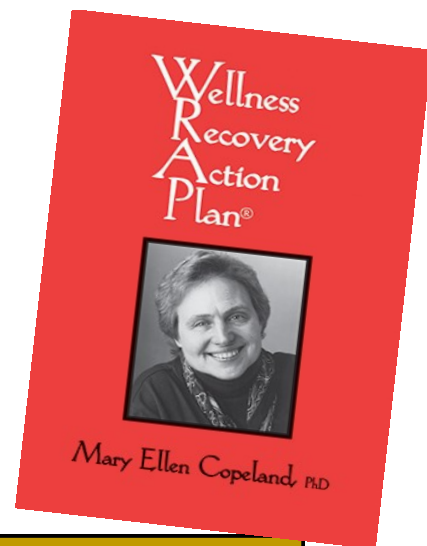


Register now

Wellness Recovery Action Plan

(W.R.A.P.) Level 1 Class

For individuals living with mental health challenges and their families



When: Tuesday and Wednesday, February 23rd & 24th
9:00 a.m.-4:00 p.m.

Where: Valley Cities 2704 I St NE, Auburn, WA 98002

Instructors: DeAnn Spangler, Valley Cities
Jennifer Bliss, DBHR

To Register: Email Danielle Goodwin

dgoodwin@valleycities.org or fax application to : 253-661-6428

Training is free ! Limited parking on Tuesday. Please park across street

You will learn about and plan for:

- Key Concepts of W.R.A.P.
- Wellness Toolbox
- Daily Maintenance Plan
- Triggers
- Early Warning Signs
- Crisis Plans
- Living in Recovery and much much more!

This class will qualify
Certified Peer Coun-
selors for the 5-day
Level 2 WRAP Facili-
tator training

Sponsored by Valley Cities Behavioral Health Care &

The Division of Behavioral Health and Recovery Office of Consumer Partnerships

Intro to W.R.A.P. Registration

Name _____

Address _____

City, State _____

Phone _____

Email _____

Employer, if any _____

Please circle all that apply:

Certified Peer Counselor

Parent Partner

Provider

Other

Email or fax to:

Danielle Goodwin CPC

dgoodwin@valleycities.org

FAX: 253-661-6428

Parking will be limited on day one. Please park across the street or locate street parking near by.