



For Immediate Release

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Charlotte Behavioral Health Care Offers Wellness Recovery Action Plan Group

PUNTA GORDA, FL (May 10, 2022) - Take control of your recovery! The Wellness Recovery Action Plan (WRAP) group is a powerful - yet simple - evidence-based process for creating the life and wellness you want.

Peers lead the WRAP process and help identify the tools that keep you well and assist in creating action plans to put them into practice in everyday life. WRAP also helps incorporate key recovery concepts and wellness tools into your life.

Whatever the goals or challenges, WRAP can help you make a plan that really works, with results that you can really see. However you define “wellness” for your situation, WRAP can help you achieve it, step by step, your way, and on your terms. WRAP can help you:

- Shape every aspect of your life the way you want it to be
- Gain freedom from troubling thoughts, behaviors, or patterns that repeat in your life
- Feel empowered in making decisions about your life
- Build a strong support network of people and resources to help you reach your goals

The WRAP Group meets in person every Tuesday from 8:30- 11 a.m. on CBHC’s Punta Gorda campus, located at 1700 Education Avenue. Must be 18+ to enroll. Although group size is limited, a wait list will be available if group is currently full.

If interested in enrolling in the group or for more information, call Charlotte Behavioral Health Care at 941-639-8300.

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