

# Wellness Recovery Action Plan (WRAP) Group

Charlotte Behavioral Health Care



## Take control of your recovery!

Learn tools and skills to improve & maintain your emotional well-being!

WRAP is a popular, evidence-based practice developed by peers. The peers guide individuals through the process of discovering their own personal resources and then show group members how to use those resources to get well, stay well, and effectively deal with life challenges, improving health and quality of life over time. Must be 18+ to enroll.

Groups Facilitator: Susie Holliday, LCSW, MSW

**To enroll, call/text Susie at (941) 661-6115.**

### WRAP GROUP

Every Tuesday from 8:30 - 11 a.m.

Punta Gorda Campus  
1700 Education Avenue, Building B

