



Mental Health Association of South Mississippi

4803 Harrison Circle – Gulfport, MS 39507

Phone (228) 864-6274 – Fax (228) 864-1310

Website www.msmentalhealth.org - E-Mail Info@msmentalhealth.org

Free Wellness Recovery Action Plan (WRAP®) Seminar I

Sponsored by MS Department of Mental Health

This is NOT a train-the-trainer.

Course Description:

Seminar I: Developing Your Own Wellness Recovery Action Plan (WRAP®)

The course is for anyone who wants to learn about WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. Interactive workshop. Through participation, people can identify tools and action plans to counter the negative effects of life challenges and improve responses to disturbing thoughts and feelings to achieve improved states of wellness.

Two locations to choose from, please check your option.

_____ **January 10 – 11** at **Hinds Behavioral Health Services**, 8am – 5pm both days.
3450 Hwy 80 W, Jackson, MS 39209 (Large Conference room; park on the right side of the building and enter through the glass door.)

_____ **January 11 – 12** at **North MS State Hospital**, 8am – 5pm both days.
1937 Briar Ridge Rd, Tupelo, MS 38804 (Multipurpose Room; lunch available in the cafeteria.)

Please Print Participant. Are you a Peer Bridger? _____ Yes _____ No

Name: _____ Employer: _____

Email: _____ Phone: _____

Participant will be able to participate in both days.

Supervisors Printed Name

Signature

Date

Registration & Questions: Mental Health Association of South MS, Attn: Kay Daneault
kdaneault@msmentalhealth.org or fax 228-864-1310