

Free 8 week course for adults (18+) who live, work or study in Leeds.

Being well together

Exploring WRAP recovery themes

This new 8 week course explores key wellness themes, which are commonly discussed during our Wellness Recovery Action Plan® course.

You don't need to have attended a WRAP course, but if you have, this course may be a useful follow up, and help you take action in prioritising your wellbeing. Through facilitated activities, group discussion and individual reflection time, we'll be focusing on topics including, self-compassion, managing negative thoughts, encouraging self-esteem, creating healthy boundaries and strengthening support networks.



Starts, Friday 18th October 12 - 3pm and runs for 8 weeks from;
 St Mary's House (main house), St Mary's Road, Leeds, Potternewton LS7 3XJ

Prior booking essential. For further details please scan, or visit [Leedsrecoverycollege.com](https://leedsrecoverycollege.com)

To book, please email: Leedsrecoverycollege.lypft@nhs.net or call 0113 855 5172.

