

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

Wellness Recovery Action Plan® (WRAP)

8 week course

Wellness Recovery Action Plan® or WRAP is a plan that you develop for yourself and helps you think about living well. WRAP is used world-wide by people who are dealing with all kinds of health and life challenges.

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

Starts, Monday 19th February 10:15am - 12:45pm, Quaker Meeting House (Leeds centre)



Wellness Recovery Action Plan® and WRAP was developed by Mary-Ellen Copeland, an author, educator and mental health advocate. In Leeds Recovery College our lead WRAP facilitators are accredited to deliver the course content in line with WRAP's original values and ethics. **Prior booking essential.**

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

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

SCAN ME



www.leedsrecoverycollege.com

Leeds Recovery College is a Leeds and York Partnership NHS Foundation Trust service