



nami | **Mercer**

National Alliance on Mental Illness

Serving Mercer County, New Jersey

NAMI Mercer is offering a WRAP Class.

Wellness Recovery Action Plan (WRAP) is for adults living with mental illness. There will be eight sessions held on the 1st and 3rd Wednesdays of each month starting Wednesday, March 7, 6:30-8:00 pm at the NAMI Mercer Center.

Wellness Recovery Action Plan® (WRAP)

Key Elements of WRAP:

Wellness Toolbox

Daily Maintenance Plan

Identifying Triggers and an Action Plan

Identifying Early Warning Signs and an Action Plan

Crisis Planning

Post-Crisis Planning

WRAP is designed and managed by YOU.

It is designed to:

- Decrease and prevent intrusive or troubling feelings & behaviors,
- Increase personal empowerment,
- Improve quality of life,
- Assist you in achieving your own life goals and dreams.

For more information or to register, call 609-799-8994 or email ahansard@namimercer.org.

The class is FREE, but registration is REQUIRED!

**NAMI Mercer, 3371 Brunswick Pike, #124, Lawrenceville, NJ
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