

Register now for

Wellness Recovery Action Plan WRAP® I Course

Facilitated by

**Peer Support Academies of
Knox, Blount and Sevier Counties**

For adults who have experienced a
mental health (such as anxiety,
depression, bipolar, etc.) and/or
substance use disorder(s)

FREE OF CHARGE*

Thursdays for Eight (8) Weeks

January 25– March 15th 2018

11:00 am– 2:00 p.m.

Transportation may be available

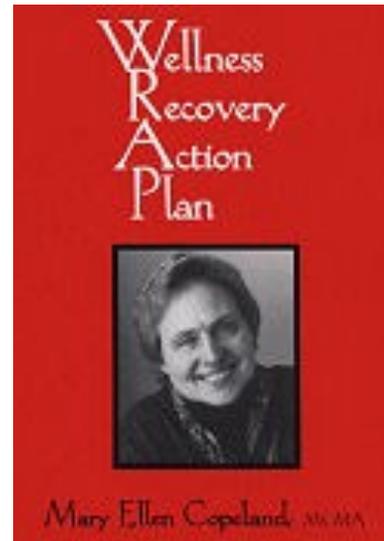
Location shared upon registration.

For more info or to register,

Call (865) 373-8210

Must pre-register to attend
by noon on January 17.

WRAP YOUR LIFE!



**Wellness Recovery Action Plan,
a self-designed prevention and
wellness process, helps people
manage and get through difficult
times and maintain wellness to
fulfill their life's dreams and goals.**



**Research shows that WRAP® helps
people with mental health and/or
substance use disorders to
“experience greater levels of
wellness and move forward
with recovery.”**

* Grant funded by **TN** Department of
Mental Health &
Substance Abuse Services