WRAP®

2017 Wellness Recovery Action Plan
A supportive, interactive, fun 8-week workshop

January, February, March
Thursdays from 1 to 3:00

January 19th
January 26th
February 2nd
February 9th
February 16th
February 23rd
March 2nd
March 9th

April, May, June
Thursdays from 1 to 3:00

April 20th
April 27th
May 4th
May 11th
May 18th
May 25th
June 1st
June 8th

Norcal MHA
1908 O Street
Sacramento,
CA 95811

July, August
Thursdays from 1 to 3:00

July 13th
July 20th
July 27th
August 3rd
August 10th
August 17th
August 24th
August 31st

September, October, November
Thursdays from 1 to 3:00

September 28th
October 5th
October 12th
October 19th
October 26th
November 2nd
November 9th
November 16th

To Register
call Maksim
Tsymbal
(916)366-4668

Create a set of powerful personalized tools, plans and goals uniquely designed to improve your quality of life

Hope Personal Responsibility Education Self Advocacy Support

This program is funded by the Sacramento County Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

SACRAMENTO COUNTY

NorCal MHA Mental Health America