



**Seminar I:  
Introduction to  
Wellness Recovery Action Plan (WRAP) for Depression  
Workshop**

**January, 18th & 19th, 2020  
8:00 am – 5:00 pm**

**Troy University  
2114 Airport Blvd suite 1150/1250  
Pensacola, FL 32504**

**To apply visit:**

**<https://www.surveymonkey.com/r/6MJMVHI>**

Join experienced recovery educators for learning about WRAP, a simple self-help system which helps you order your life to improve your wellness and meet your own goals. Before working with someone else to develop his or her WRAP, it is highly recommended that you create your own, learn the process, and the life changing nature of the ethics and values put forth in this workshop.

**Course Description:** WRAP Seminar I is for anyone who wants to learn about and increase personal wellness and achieve an improved quality of life. This workshop is designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce.

**Developed by  
Mary Ellen Copeland in  
collaboration with a group of  
peers, WRAP is used in every  
state in the US and many  
countries around the world.**

**WRAP is listed in SAMHSA's  
Registry of Evidence-Based  
Programs and Practices.**

**IMPORTANT NOTE**

Completion of a Seminar I workshop is the FIRST step to being trained as a WRAP Facilitator. This Seminar I workshop fulfills the prerequisite to be eligible for the 5-day Seminar II: WRAP Facilitator Training, which is required to facilitate WRAP workshops.

## **Through participation in this workshop, participants will be able to:**

- Apply Key Concepts of Recovery into their every day life to improve their quality of life
- Explore and discover their own simple, safe Wellness Tools
- Develop their own daily plan to help them stay as well as possible
- Identify upsetting events or circumstances and develop action plans for responding to them
- Create a strategy to gain support and stay in control of your wellness during and after crisis

## **What participants are saying about Seminar I: Introduction to WRAP!**

“This was the most informative training I’ve had in a while and most relevant.”

“My needs were met during the Introduction to WRAP. I was able to learn and understand what WRAP is.”

“An excellent job with motivating and making us feel safe and understood.”

“I loved day 1 when we discussed ‘creating a safe learning environment’ that covered everyone’s comfort level/worries/fear about self disclosure/confidentiality/judgment/etc.”

“I will use this material both professionally as well as personally. It seems to be life changing.”

“Honestly, this is the most useful information I have received in almost 12 years in mental health. Very practical and I be able to actually apply what I have learned after I leave today.”