

**DATES:**

As listed below

Closing dates are 1 month before session starts

**Venue:**

**PHEW Centre**

52 Bartholomew Street, Exeter EX4 3AJ

**Times:**

**10am to 4pm**

**Cost:**

**£50.00**

**£20.00 (concession)**

**Teachers:**

**Georgie Lynch or Georgie Couch**

**Course Level:**

**1**

Entry

Level = Pre-GCSE

Level 1 = GCSE D to G

Level 2 = GCSE A to C

Level 3 = A Level

Standard

**The WRAP is highly recommended for anyone considering the Support Time and Recovery Accredited Course.**

# Wellness Recovery Action Plan Workshops and Courses

The WRAP is a way to manage difficult situations and experiences. It is ideal for anyone whether or not the experience difficulties as it helps the individual to plan and look at ways to improve and enhance their lives.

The WRAP was first created in 1997 in the USA by Mary Ellen Copeland who experienced difficulties with physical and mental health difficulties. Mary-ellen used the WRAP to help her in her recovery and to improve her life.

**By the end of this workshop, participants will be able to:**

- Have an understanding of the term "Recovery"
- Identify techniques that could be useful as Wellness Tools
- Write their own Wellness Recovery Action Plan
- Create a daily plan
- Identify their Triggers and ways to manage / reduce the effects
- Identify, manage or reduce early warning signs
- Create a plan for any crisis, blips or difficulties and how you would like to be supported
- Create a plan to help you recover from illness back to your daily plan.

Code	Date(s)	Times	Venue	Lead Tutor
S1019	2, 9, 16 Oct 2009	10:00 to 12:30pm	PHEW, Exeter	Georgie Couch
S1020	6, 13, 20 Nov 2009	10:00 to 12:30pm	Haven, Honiton	Georgie Couch
S1021	3 & 10 Feb 2010	1pm to 5pm	PHEW, Exeter	Georgie Couch
S1022	3 March 2010	10am to 4pm	PHEW, Exeter	Georgie Lynch
S1023	5, 12, 19 May 2010	10:00 to 12:30pm	Haven, Honiton	Georgie Couch
S1024	23 June 2010	10am to 4pm	PHEW, Exeter	Georgie Lynch

**For further information about any of our Learning and Development opportunities, please do not hesitate to contact us.**