

Grand Strand WRAPPers

Would you like to:

~Learn safe, simple ways to manage your symptoms?

~Discover your own tools to help you stay well and avoid a crisis or relapse?

Grand Strand WRAPPers is for anyone who would like to learn tools to get and stay well. WRAP has been used effectively in managing chronic illnesses such as depression, anxiety, bipolar disorder, schizophrenia, addictions, diabetes, difficulties with aging, and many more.

A Wellness Recovery Action Plan (WRAP) is for anyone, any time. It will support you in being the way you want to be and doing the things you want to do.

WRAP Will Help You:

- Discover your own simple, safe Wellness Tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, using Wellness Tools, develop action plans for responding at these times

Grand Strand WRAPPers is a peer-facilitated group here to support you in developing your own WRAP.

2016 Dates: September 24th @ 11 am October 22nd @ 11am

November 19th @ 11 am December 17th @ 11 am

Meetings are held at Surfside Beach Library, 410 Surfside Drive.

For more info contact Karen at 843-318-0571 or kharper9@sccoast.net.

Check us out on Facebook @GrandStrandWRAP.