



Want to bring a greater level of wellness to your organization? PEERS can help with Wellness Recovery Action Planning®.

What is WRAP?

The Wellness Recovery Action Plan®, or WRAP®, is an evidence-based practice used worldwide by people dealing with mental or general health challenges and by those who want to attain the highest possible level of wellness. WRAP focuses on wellness and wholeness rather than illness and sickness. PEERS offers a series of 1-day, 3-day, and 5-day workshops designed to give participants the tools for improving their own lives and ultimately help others do the same.

*“I am the expert on me.
I can empower myself
through WRAP.”*

— Shaun Carter

Why PEERS?

- **It's our specialty.** We have provided WRAP services to more than 15,000 people since our inception in 2001.
- **We have high standards.** PEERS is recognized as an International WRAP Center for Excellence.
- **Diversity is important to us.** PEERS staff comes from a wide variety of backgrounds and speaks a dozen languages.
- **We are strongly connected to the WRAP community.** PEERS hosted the 2013 WRAP Around the World Conference and the 2012 WRAP for Health Conference.
- **We are examples of recovery.** As a consumer-run organization, the employees of PEERS model WRAP values and serve as real examples of recovery.

Contact PEERS at (510) 832-7337 to host a WRAP
workshop at your organization.



Peers Envisioning and Engaging in Recovery Services

Workshop Descriptions

Wellness
Recovery
Action
Plan®

1-Day Orientation

Audience: Anyone who wants to gain an understanding of Wellness Recovery Action Plans (WRAP) and mental health recovery, concepts, and skills.

Objectives: Participants will get a general understanding of WRAP, how they can implement it in their lives, and where they can find WRAP resources and groups in their community.

Pre-requisites: None.

3-Day Introduction

Audience: Anyone who wants to gain an understanding of Wellness Recovery Action Plans (WRAP) and mental health recovery, concepts, and skills.

Objectives: Participants will gain an in-depth understanding of WRAP and develop their own personal WRAP plans with guidance and support from WRAP facilitators.

Pre-requisites: 1-Day overview recommended, but not required.

5-Day Facilitators Certification

Audience: Those who have completed the 3-day course and wish to become a powerful change agent/recovery educator as a WRAP Facilitator.

Objectives: Participants will work with people who have experienced severe symptoms and interruptions to their daily wellness to discover the strengths they have and can use to enhance their wellness. In addition, they will learn to effectively share the underlying concepts of wellness/recovery; work with individuals and groups to develop a Wellness Recovery Action Plan (WRAP); facilitate a process about various wellness tools and strategies that individuals use to stay well; empower and motivate people to work toward wellness, recovery, and feel the way they want to feel; help others to see their lives the way they want them to be, and move toward meeting their life goals. Those who successfully complete this course become certified WRAP facilitators and are qualified to co-facilitate WRAP groups.

Pre-requisites: Completion of the 3-Day WRAP course or 8-week WRAP group.