Our Mission

County of Santa Clara Behavioral Health Services Department, Office of Family Affairs program is offering WRAP® groups to families.

Our mission is to empower family members and their loved ones with accessible education, support and resource opportunities.

Family WRAP® encourages each family member to add their own personal knowledge to address a plan that will promote wellness and recovery from mental illness.

This is a living document to help families deal with everyday challenges!

Staffing

The Office of Family Affairs program is staffed by persons with lived experience.

Maria A. Gonzalez
Family Support Worker
Email: mariaa.gonzalez@hhs.sccgov.org

Diana Guido, CADC-I
Family Support Worker
Email: diana.guido@hhs.sccgov.org

Juan Pérez
Family Support Worker
Email: juan.perez@hhs.sccgov.org

Phone: 1 (408) 792-2166
Fax: 408-792-2158
Website: www.sccbhsd.org/ofa

If you or a family member needs family peer support services
Call 1 408-792-2166
Website www.sccbhsd.org/ofa

Wellness Recovery Action Plan®

FAMILY WRAP®

If you or a family member needs family peer support services
Call 1 408-792-2166
Website www.sccbhsd.org/ofa

No one should go through mental illness alone
How WRAP® Helps

The Wellness Recovery Action Plan® helps you to:

- Feel better when dealing with challenging situations
- Prevent situations from escalating
- Improve the quality of interaction with your family members

WRAP® is a wellness tool that all families can use to develop a plan that supports wellness and recovery for everyone in the family.

Family WRAP®

Family WRAP® Support Group—English
Day: Wednesday, except holidays
Time: 6:30 p.m. – 8:00 p.m.

Family WRAP® Support Group—Español
Day: Saturday, except holidays
Time: 5:00 p.m. – 6:30 p.m.

Group Location

Central Wellness & Benefits Center
2221 Enborg Lane, San José, CA 95128

Enter through exterior patio door next to the Enborg Pharmacy

¡Sí Hablamos Español!

Elements of WRAP®

The key elements of WRAP® include:

- Wellness Toolbox
- Identification of Stressors and Action Plan
- Daily Maintenance Plan
- Early Warning Signs
- Things are Breaking Down
- Crisis Planning
- Post-Crisis Planning

Families can use WRAP® to make lasting positive changes.

Learn to create your own action plan!