

Build Your  
Life with:

# WRAP®

Wellness Recovery Action Plan®  
Dual Diagnosis Recovery with WRAP®

**Fridays**  
**1:30 P.M. – 2:30 P.M.**

- Custom Design YOUR Personal RECOVERY PLAN
- Create an ACTION PLAN to know what keeps you well
- Identify TRIGGERS, EARLY WARNING SIGNS, and WHEN THINGS ARE BREAKING DOWN
- Learn about CRISIS PLANNING
- Identify SUPPORTERS

Location:

Esperanza Self-Help Center  
1235 First Street  
Gilroy, CA 95020  
1 (408) 852-2460

[www.sccbhsd.org/esperanza](http://www.sccbhsd.org/esperanza)



COUNTY OF SANTA CLARA  
**Behavioral Health Services**

Supporting Wellness and Recovery