

# WRAP<sup>®</sup>

## WELLNES RECOVERY ACTION PLANNING

Next Series starts Jan 8, 2020

Ongoing 12-Week Series  
Wednesdays, 12:00 -1:00 P.M.



- ◆ Identify goals and develop a strategic WRAP<sup>®</sup> plan to achieve your goals.
- ◆ Identify wellness tools that work for you.
- ◆ Create action plans to overcome triggers, early warning signs and when things are breaking down
- ◆ Develop your support system to keep you motivated for success

Zephyr Self-Help Center  
1075 E Santa Clara Street,  
Back of Building  
San Jose, CA 95116  
(408) 792-2140  
[www.sccbhsd.org/zephyr](http://www.sccbhsd.org/zephyr)



COUNTY OF SANTA CLARA  
**Behavioral Health Services**  
Supporting Wellness and Recovery