



Wellness Recovery Action Plan

Supporting veterans and their families

Take charge of your well-being with a Wellness Recovery Action Plan (WRAP). This simple yet effective process empowers you to create the life you want by:

- Advocating for your wellness goals
- Understanding your triggers and early warning signs, and developing maintenance and crisis plans
- Taking responsibility for your well-being
- Establishing medical management tools for ongoing concerns

At MCCMH, our WRAP Support Group helps veterans and their families learn how to use WRAP strategies and tools. Join us to create your personalized plan and discover how it can support you through challenging times.

WHEN: First Wednesday of the month, 5-7 p.m. EST

Reservations are appreciated

WHERE: MCCMH North

43740 North Groesbeck Highway

Clinton Township, 48036

OR

Zoom ID: 856 3918 3344

Passcode 108319



**Contact the Veteran Peer Support Specialist at 586-246-7679
to reserve your spot or ask any questions.**

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board. MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.

 mccmh.net

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