



WRAP TRAINING

A training for persons with developmental disabilities

This 3 day training guides a person through a process to develop his or her own practical plan to live a happier and healthier life. ***This training can count towards Peer Mentor Internship.***

DATES: Friday, May 3, 2019
Friday, May 10, 2019
Friday, May 17, 2019

TIME: 9:30 a.m. to 3:00 p.m.

LOCATION: MORC
1270 Doris Road
Auburn Hills, MI, 48326

TRAINERS: Adam Fuhrman
Sherri Rushman

Continental Breakfast and lunch provided. For any dietary restrictions, call Beth Jacobs at 248-858-1795.



Developmental Disabilities • Mental Health • Substance Recovery

WORKSHOP BENEFITS

- Create list of things you can do to keep yourself happy and healthy.
- Create list how you feel when you feel really good.
- Create list of things you need to do everyday to stay as happy and healthy as possible.
- Develop plan to use your wellness tools to help yourself feel better from stressful events.
- Develop plan to do things that are helpful when you feel badly or really awful.
- Develop Crisis Plan that lets supporters know what you need them to do and help with during a very difficult time.

WHO IS INVITED

- Peer Mentors
- Individuals receiving public mental health services

REGISTER

Visit www.oaklandchn.org and select **Training** to view the calendar. Select the date of the training and enter your information. Questions? Call Beth Jacobs at 248-858-1795. ***There is no cost for this training.***