

# WORRY LESS WITH WRAP



# LivingHOPE

Encourage, educate, and empower those receiving public mental health services and their family members. Trainings are open to providers, direct support professionals, and anyone who supports persons with disabilities. Bring along someone you support– it will be a great time to learn together!

Everybody worries from time to time. There is a problem though if worry is taking up too much of your time and energy. The good news is that you can learn to reduce your anxiety and deal with worry more effectively. A sample WRAP plan on worry will be handed out at workshop.

This workshop is based on Mary Ellen Copeland's "The Worry Control Workbook" and we will explore:

- The definition and descriptions of worry
- What worry can cause
- What's wrong and what's good about worry
- When worry becomes a problem
- Components of worry
- Techniques for dealing with worry
- Wellness tools to help with worry
- How to Change Negative Thoughts to Positive Thoughts

**FRIDAY, APRIL 26, 2019**  
**9:30 A.M. - 11:30 A.M.**

## REGISTER

Visit [www.oaklandchn.org](http://www.oaklandchn.org) and select Training, then Training Calendar. Select the date of the training and enter your information.

## PRESENTED BY

Sherri Rushman  
Peer Support Specialist, LBSW

## LOCATION

Oakland Community Health Network  
5505 Corporate Drive, Troy

**2 Social Work CEUs**