



IOWA TOTAL CARE IS PROVIDING 15 STIPENDS FOR THIS CLASS, TO BE CONSIDERED FOLLOW THE LINK AND CLICK STIPEND OR YOU CAN CHOOSE TO PAY THE \$300.00 FEE.

Course Description: This course is for anyone who wants to learn about the WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. This workshop is designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce.

Learning Objectives: Through Participation in these workshops people will be able to:

- Apply Key Concepts of Recovery into their every day life to improve their quality of life.
 - Identify tools and action plans to counter the negative effects of life challenges and improve responses to disturbing thoughts and feelings to achieve improved states of wellness.
 - Describe the history, foundations and structure of the Wellness Recovery Action Plan®.

Who should take this course? This course is for anyone who wants to learn about the WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. This workshop is designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce.

Dates: July 26-28th, 2022

Time: 8:30-4:30 p.m.

Location: Life Connections Recovery Services - 924 11th Street, Dewitt, IA 52742
Facilitators: Amy Ortiz and Oma Fuegen

Materials: All Materials included and lunch is on your own, You will receive a copy of the [WRAP plus book by Mary Ellen Copeland](#) for the course.

Cost: \$300

(Class max will be set at 23 and we have availability for 15 stipends offered by Iowa Total Care.)

Participants must attend all three (3) days to get a certificate.

CLICK HERE TO REGISTER: <https://lifeconnectionsrecovery.org/program-services/wrap>

Registration is open now until July 15, 2022

Questions or Stipend information: Contact Todd Noack at todd@lifeconnectionsrecovery.org