



INTERNATIONAL

CRISIS HEALTH RECOVERY CONSULTING

FREE Workshop

Introduction to Wellness Recovery Action Planning

Wellness Recovery Action Planning (WRAP) is a way that anyone of us can learn to focus more on our daily self care and for recognizing when and how to respond to challenges in our own lives

Come out and learn more about how to write an action plan for personal wellness and for coping with stress, depression, anxiety and other challenges.

All workshops are free of charge and anyone age 18 and up is welcome!

Feel free to call ahead for more information, or just show up!

For more information: Contact Dave at 252-886-1104

Wednesdays July 11, 18 and 25, 2018

12-1 PM

Perquimans County Public Library

514 S Church St, Hertford, NC 27944

FREE Workshops!!!

Ready to Make a Change But
Not Sure How to Start?



Our Workshops Include Topics Such As:

- Stress Reduction and Management
- Understanding Emotions
- Recovery from Mental Health and Substance Use challenges
- Wellness Planning
- Creating healthier relationships
- Conflict resolution skills
- Understanding and Healing from Trauma
- Mindfulness
- And many more!

Class times and locations vary, please call or email for more information:

Dave Edmonds 252-886-1104

david.edmonds@riinternational.com

Covers: Camden, Chowan, Currituck, Dare, Hyde, Perquimans, Pasquotank & Tyrrell Counties