# WRAP

## *Wellness Recovery Action Plan*

Hope.
Personal Responsibility.
Education.
Self-Advocacy.
Support.

***Presented by the***
***Fairfax-Falls Church WRAP® Program***

A **W**ellness **R**ecovery **A**ction **P**lan is a plan you create for yourself to take control over your own wellness.

## *Come to a free WRAP workshop!*

Learn about tools and resources to help keep you well and feel better through difficult times. The Fairfax-Falls Church WRAP Program is offering free workshops throughout Northern Virginia. The workshops consist of eight weekly 2-hour education classes.

*"Finally, something I can do to help myself."*

*"WRAP for me is about personal responsibility. I can just let my 'symptoms' take over my life. Or I can take personal responsibility, use my WRAP, and do what I need to do to take care of myself and feel better."*

*"Recovery & WRAP have changed my life."*

Call the CSB location closest to you to find out more about WRAP or to register for a **free** workshop:

- Alexandria City – Wendy Vaughn, 703-746-3427
- Arlington County – Lizabeth Schuch, 703-228-5238
- Bailey's Crossroads Shelter (Falls Church) – Beth Jones, 703-820-7621 *(open to residents of the shelter)*
- Chantilly Center – Kathleen Robertson, 703-968-4029
- Gartlan Center (Mount Vernon) – Kristin Godfrey, 703-799-2884
- Lamb Center – Dave Larabee, 703-691-3178
- Loudoun County (Leesburg) – Bernadette Binns, 703-771-5734
- Merrifield Center (Fairfax) – Andrea Kyriazi, 703-573-0523
- Northwest Center (Reston) – Eleni Halstead or Darcy Kipp Kim, 703-481-4100
- Prince William County (Manassas & Woodbridge) – Laurie Olivieri, 703-792-7740
- Springfield Center – Denise Donatelli, 703-866-2100

**The Fairfax-Falls Church WRAP program is one of several initiatives championed by the Fairfax-Falls Church CSB Office of Consumer and Family Affairs.**

**To learn more or to get more involved in the activities of the office, contact Cicely Spencer at 703-207-7792, TTY 711 or visit www.fairfaxwrap.org.**

*Call 703-324-7000, TTY 711 to request this information in an alternate format.*

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