



MARY ELLEN COPELAND'S  
**WRAP SEMINAR I**

**PRE-REQUISITE TO THE FIVE DAY FACILITATOR TRAINING SEMINAR II**

The Wellness Recovery Action Program® or WRAP® is a structured system for monitoring uncomfortable and distressing feeling and behaviors and, through planned responses, reducing, modifying or eliminating them. It also includes plans for responses from others when you cannot make decisions, take care of yourself or keep yourself safe. People who are using this system indicate that, by helping them feel prepared, it is working for them by helping them to feel better more often and by improving the overall quality of their life.

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**Wellness Recovery Action Plan (WRAP)**

**LOCATION: 2302 E. SPEEDWAY BLVD. #204  
TUCSON, AZ 85719**

**LED BY LEVEL III WRAP FACILITATORS:**  
RITA ROMERO, CRSS, ALF and STEPHANIE TELLEZ CRSS, ALF

Name: \_\_\_\_\_

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Or call us at 621-1642