



*Learn to how deal*

*with life on life's terms.....*



# Gift of Voice With AJ French WRAP for Justice

## **What is WRAP®**

*Wellness Recovery Action Plan is a self-directed plan for succeeding in your life.*

## **Who Needs WRAP®**

*You Do!!!! This class is especially designed for individuals on parole, probation and who are awaiting a court date; but everyone can benefit from WRAP.*

### ***Foundational Principles of Recovery***

***Wellness Tools that are safe, simple and within your budget!***

***Action planning for: Daily Living, Stressors, Early Warning Signs & More!***

***Next Class Begins July 19th @ 1:30***

***at The Dream Center of Alton***

There is no cost for this ten week class, but advance registration is required.

Contact [office@giftofvoice.com](mailto:office@giftofvoice.com) or 618-792-2049. Email preferred.

