

W.R.A.P.

Wellness Recovery Action Planning **Has anyone told you that you:**

- 1) **CAN RECOVER** from difficult life circumstances?
- 2) **CAN LEARN** the skills necessary to accomplish the things you have always wanted to do?
- 3) **CAN FEEL BETTER** again and live a normal life?

Plan now to attend a WRAP class near you to discover the answers to the truths above.

When: Thursdays, 6:30-8:00pm
Class will begin SOON!

Where: Wood River, IL
Location address is shared when you RSVP

Info: office@giftofvoice.com (RSVP today/limited seating)
Co-facilitated by Amare & Gift of Voice

If you're looking for hope or just something to give you a fresh start, this is for you!

You may feel like you've tried everything, but you've never tried anything like this before!



The sky is only the SUGGESTED limit!