

You're never alone on the road to Recovery!

*Creating opportunities and environments that empower people to recover, to succeed in accomplishing their goals and to reconnect with themselves, others and meaning and purpose in life.*

RECOVERY INNOVATIONS OUTREACH WELLNESS CITY  
**WRAP Workshop**  
Wellness Recovery Action Plan

Learn how to manage your recovery from mental health, substance use and other life challenges, maintain your wellness, and become your own advocate.

Every Tuesday 12:00 - 2:00 pm  
April 23 – June 18, 2012  
**O.A. Peay School**  
Board of Education Room  
1430 Main Street - Swan Quarter, NC  
*There is no charge for this Workshop!*

Call **(252) 886-1104** and ask to speak to **Ann**,  
or email your name and phone number to her at  
**[WRAPeastcarolina@recoveryinnovations.org](mailto:WRAPeastcarolina@recoveryinnovations.org)**

RI Wellness City WRAP Workshops are designed for adults 18 and over. Participation is voluntary and information discussed in class is considered confidential and private.



**Ann Emmerich (252) 886-1104**  
Recovery Innovations Outreach Coordinator  
Bringing Recovery Education/Peer Support to Beaufort, Hyde, Jones, Pamlico, Tyrrell and Washington Counties in Eastern NC

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