

WELLNESS RECOVERY ACTION PLAN (W.R.A.P.) 2-DAY WORKSHOP, 12th & 13th SEPTEMBER

**Methodist Church Hall
Scott Street, Perth**

Thurs 12th & Fri 13th Sept
9.30am—4.30pm

Cost of course—£220

Concessions—£100

PLUS Members—Free

Contact PLUS on 01738 626242, or email
plusperth@msn.com to book a place.

The purpose of the workshop will be to take you through the process of creating your own wellness plan, to enable you to feel more in control of your mental health and wellbeing, and improve your life.

For more information on WRAP please visit
<https://mentalhealthrecovery.com/>



www.plusperth.co.uk
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