

**The CFAC is proud to announce the upcoming
“WRAP® for Reducing Clutter” to be held at:**

**The Orchard
300 South 13th Street
Lincoln NE**

We will be offering this workshop to consumers or family members residing in the Region 5 area to participate in **WRAP® for Reducing Clutter** workshop based on the “WRAP® For Life ” book written by Mary Ellen Copeland.

What Is WRAP®?

The Wellness Recovery Action Plan® is commonly used to address issues related to “whole” health, including mental health issues, trauma, specific illness, medical or medication issues, weight gain or loss, addictions, diet and exercise stamina, fatigue, insomnia, and quality of life.

Who Can Benefit From Using WRAP® For Reducing Clutter?

Some people have too many possessions. Their stuff covers shelves, fills drawers, muddles hallways, clutters bedrooms, floods basements, takes over garages, litters attics, smothers the kitchen table, hides the dining room chairs, floods bathtubs, and bends closet doors.

This self-help workshop is for those who have too much stuff and are ready to let it go. (Or at least try to let it go).

All participants will be provided with a “WRAP® For Life” book. Group is offered at no cost to participant. Funding provided by Region V’s Consumer/Family Advisory Committee

We encourage the participant to attend all of the sessions. A final Evaluation will also be distributed at the end of the workshop.

Deadline for applications: January 5, 2018