

# WRAP® for Reducing Clutter

## @ The Orchard

### Workshop Dates:

- Thursday, February 1, 2018
- Thursday, February 8, 2018
- Thursday, February 15, 2018
- Thursday, March 1, 2018
- Thursday, March 8, 2018
- Thursday, March 15, 2018

Time: 2:00 pm – 5:00 pm  
The Orchard  
300 South 13<sup>th</sup> St  
Lincoln NE



### 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).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

#### To register, call or e-mail:

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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

**Deadline for Registration: January 5, 2018**