

Wellness Recovery Action Planning (WRAP)

WRAP helps youth feel better, manage challenges, improve quality of life, decrease and prevent troubling feelings and behaviors, and plan and achieve life goals.

Join Us for a Zoom Meeting!

For a Youth Group in a safe environment available to all high school youth in the 16 counties served by Region V Systems.

This group is available at no cost to the youth



When?

WRAP via zoom

Thursdays 8:00 pm-9:00 pm

Facilitators are not clinicians or practitioners; we are individuals with lived experience.

To register/questions? Call Melissa at 402-499-7168 *Parent/Guardian permission required
Mental Health Association of Nebraska
Partnership with Region V Systems