



## ▶▶ Olive View Community Mental Health Urgent Care Center Introduction to WRAP

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays, August 11, 2022 – May 30, 2023**  
**10 – 11:30 AM**

Join us and learn about how to develop a Wellness Recovery Action Plan (WRAP) that can help you during a crisis and lead you on the road to recovery. The first step to your wellness is self-care and it's time to make that a priority! We look forward to seeing you there!

Registration is required. To register or for more information, please contact us at [lalex1@dmh.lacounty.gov](mailto:lalex1@dmh.lacounty.gov) or [jucarrillo@dmh.lacounty.gov](mailto:jucarrillo@dmh.lacounty.gov).



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.