



Develop a Wellness
Toolbox

Use Common Wellness
Tools that are Simple,
Safe, and Free

Create a Daily
Maintenance Plan

Understand Triggers

Recognize Early Warning
Signs

Know What to do When
Things Start to Break
Down

Build Your Support
Before a Crisis Happens

Get Into Your
WELLNESS!

Heart & Soul Peer Support Group Using

Wellness Recovery Action Plan (WRAP)

Come and join our Peer Support Group and discover how the 5 Key Concepts can inspire you through your daily routine. This group will give you the tools needed to help you get well and stay well.

Our Facilitators will guide you through the process of understanding those difficult feelings and behaviors and help you develop an Action Plan to help you get better.

**This group will be offered weekly
on Mondays 4:00 – 5:30 pm**

Virtually via Zoom

<https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG90ME1GVmN6bnErdz09>

Meeting ID: 886 7804 1239



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