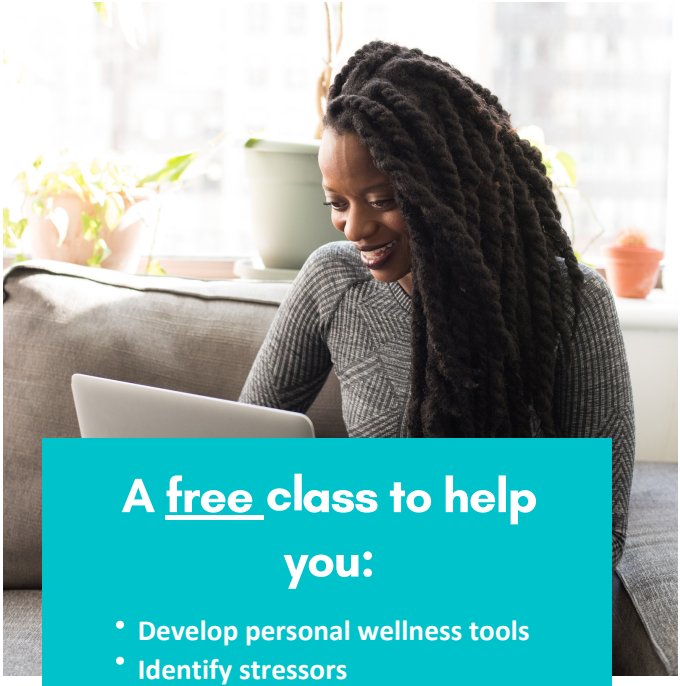
VIRTUAL WELLNESS RECOVERY ACTION PLAN (WRAP) CLASS



A free class to help you:

- Develop personal wellness tools
- Identify stressors
- Create an action plan for when life gets tough
- Much more!

Fridays

March 25 to May 13, 2022

2:00-4:00PM

To learn more or to register, please call Erin at The Healing Tree Psychotherapy at **309-322-2020.**