



Five key recovery concepts provide the foundation of effective recovery work.

Hope – People who experience mental health difficulties get well, stay well and go on to meet their life dreams and goals.

Personal Responsibility – It's up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well.

Education – Learning all you can about what you are experiencing so you can make good decisions about all aspects of you life.

Self Advocacy – Effectively reaching out to others so that you can get what it is that you need, want and deserve to support your wellness and recovery.

Support – While working toward your wellness is up to you, receiving support from others, and giving support to others will help you feel better and enhance the quality of your life.

For more information see: <http://mentalhealthrecovery.com>

Dixie Regional Medical Center (DRMC) WRAP Schedule

- **Tuesdays** **12:00-1:00 PM** & **6:00-7:00 PM**
- **Wednesday** **12:00-1:00 PM**
- **Thursdays** **12:00-1:00 PM**

Classes are held at:

Dixie Regional Medical Center, 1380 E. Medical Center Dr., St. George, UT

4th Floor, meet in the lobby of Behavioral Medicine.

RSVP- (435) ²⁵¹⁻688-4480 to attend.