



Pipe UA LOCAL 393  
Trades  
TRAINING CENTER

To Sign Up Call (408) 453-6330  
or email [hello@pttc.edu](mailto:hello@pttc.edu)



# MENTAL HEALTH & WELLNESS

MONTHLY SERIES

- September 19, 2022 - Suicide Awareness
- October 18, 2022 - Addiction and Substance Abuse
- November 21, 2022 - Depression
- January 17, 2023 - Parenting
- February 13, 2023 Family Issues
- March 21, 2023 - Emotional Wellness / Self Care
- April 17, 2023 - Grief
- May 16, 2023 - Trauma
- June 19, 2023 - Domestic Abuse
- July 18, 2023 - Anger Management
- August 21, 2023 - Divorce

POSITIVE  
MENTAL HEALTH  
ALLOWS PEOPLE  
TO:



WORK  
PRODUCTIVELY



REALIZE THEIR  
FULL POTENTIAL



MAKE  
MEANINGFUL  
CONTRIBUTIONS  
TO THEIR  
COMMUNITY



COPE WITH THE  
STRESSES OF  
LIFE



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*Mental Health & Wellness Monthly Series*

# SELF CARE SEMINAR: TASTE OF WRAP

MARCH 21ST, 2023  
4:00 PM - 5:00 PM

## COURSE DESCRIPTION

Brought to you by the Santa Clara County Behavior Health Service, the Taste of WRAP, is an overview of the WRAP support group. WRAP is an evidence-based practice, developed by peers, that guides people through the process of discovering resources and then using those resources to get well, stay well and effectively deal with life challenges, improving health and quality of life over time.

This is an in person seminar and dinner will graciously be provided by Local 393. As always, this seminar is free for all 393 members, their partner/spouse and adult children.

## IN THIS COURSE

- 5 Key Concepts of Recovery
  - Hope
  - Personal Responsibility
  - Education
  - Self-advocacy
  - Support
- Wellness Toolbox
- Daily Maintenance Plan
  - What I'm Like When I'm Well
  - Things I Need to Do Every Day to Stay Well
  - Things I Might Need to Do Today
- Stressors/Triggers
  - Stressors/Triggers Action Plan
- Early Warning Signs
  - Early Warning Signs Action Plan
- When Things are Breaking Down
  - When Things Are Breaking Down Action Plan
- Crisis Plan
- Post Crisis Plan

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