



# Youth Wellness Recovery Action Plan

Youth WRAP is a FREE 3 week self-designed workshop focused on wellness, recovery, and personal growth. It's designed for young people (ages 18-26) who want to take charge of their mental health, manage challenges, and create a self-directed plan for well-being.

This workshop is intended for youth participants seeking to improve their overall wellness and navigate life transitions

**Every Monday & Wednesday**

**10:00 AM to 12:30 PM**

**June 2<sup>nd</sup> - June 18<sup>th</sup>**

Questions? Please email us at  
[ycc@calvoices.org](mailto:ycc@calvoices.org)

## Registration Required ( ages 18-26)

To Register, Scan the QR Code or Click The Link Below:  
<https://survey.alchemer.com/s3/8302132/Youth-Wellness-Recovery-Action-Plan-WRAP-Group-Registration-June-2025>



**Sessions held 2 days a week**

## **Youth WRAP Dates**

**Mondays and Wednesdays**

- **Monday June 2<sup>nd</sup>, Wednesday June 4<sup>th</sup>**
- **Monday June 9<sup>th</sup>, Wednesday June 11<sup>th</sup>**
- **Monday June 16<sup>th</sup>, Wednesday June 18<sup>th</sup>**
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**REGISTRATION IS REQUIRED.**  
**THERE IS NO COST TO ATTEND.**  
**FOR QUESTIONS PLEASE EMAIL:**  
**[ycc@calvoices.org](mailto:ycc@calvoices.org)**