

Suicide or Survive: Free WRAP Seminar 1 Programme Portlaoise (<https://www.activelink.ie/node/104248>)



SOS are delighted to invite you to take part in a WRAP Seminar 1 programme in The Maldron Hotel, Portlaoise on the 8th and 15th of December from 9.30am to 4.30pm and is open to anyone over the age of 18.

WRAP (Wellness Recovery Action Plan) is a 2-day programme that helps you develop your own personally tailored Wellness Action Plan that you can use on a day-to-day basis to manage your wellness and that you can use if you become unwell to restore it. WRAP has been proven both locally and internationally to be effective.

With thanks to our funders the National Office for Suicide Prevention, and our amazing fundraisers all over the country, **there is no cost to attend** the WRAP programme and includes 2 facilitators on each day, all programme materials, tea/coffee, and lunch.

For more information about the programme please click here: <https://suicideorsurvive.ie/programmes/wrap-programme/> (<https://suicideorsurvive.ie/programmes/wrap-programme/>)

There are only 10 places available, to book your **free** place please click here: <https://tinyurl.com/WRAPPL23> (<https://tinyurl.com/WRAPPL23>) or contact any of the SOS team at 01 2722158 or info@suicideorsurvive.ie (<mailto:info@suicideorsurvive.ie>) and we would be happy to register you.

Region

Portlaoise, Co Laois

[Book your free place \(https://tinyurl.com/WRAPPL23\)](https://tinyurl.com/WRAPPL23)

Date Entered/Updated

2nd Nov, 2023

Expiry Date

8th Dec, 2023

Attachment

Size

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Source URL: <https://www.activelink.ie/community-exchange/training/104248-suicide-or-survive-free-wrap-seminar-1-programme-portlaoise>